



update

I'm Thinking of Retiring... What Happens To My Benefits When I Retire?

It is approaching the time of year when many teachers will begin to consider or may have already decided to retire from the teaching profession at the end of this school year.

The NSTU Group Insurance Trustees want to ensure that you are aware of exactly what occurs at retirement with respect to your NSTU Group Insurance Program coverages.

Listed below is a summary of the coverages that are available to Retired Teachers under the age of 65 and any cost sharing that may be available to you. Also, we have listed a few important items to remember as you consider the coverage you will have at retirement.

There is a considerable amount of information listed below. Once you have read, you will be able to answer the question, "What Happens To My Benefits When I Retire?"

PLAN	RETIRING UNDER AGE 65
Total Care Medical	Total Care Medical continues. Premium is paid 100% by the Province of Nova Scotia or APSEA for a Single or Family Plan for Retired Teachers in receipt of a N.S. Teacher's Pension cheque. You must apply for coverage within 60 days of receipt of your first pension cheque. A form is included in the package from the Nova Scotia Pension Services Corporation.
Total Care Dental	Total Care Dental continues if enrolled at the date of your retirement. Premium is paid 100% by you and is deducted monthly from your N.S. Teacher's Pension cheque.
Provincial Master Life & Accidental Death & Dismemberment	\$50,000 Life \$50,000 AD&D \$2,000 Critical Illness for member \$3,000 Dependent Life – Spouse \$1,500 Dependent Life – Children Coverage may be continued. Premium is paid 100% by you and is deducted from your N.S. Teacher's Pension cheque.
Optional Life Insurance/Spousal Life Insurance	\$100,000 to \$300,000 (New) Premium is paid 100% by you and is deducted from your N.S. Teacher's Pension cheque. Effective May 1, 2019 , as an active member of the NSTU, you can apply at any time up to age 65 for \$100,000 (\$50,000 for spouse) of coverage without the requirement of medical evidence. A 24 month pre-existing condition clause applies. Any amount above the non-evidence maximums require medical evidence of good health. Effective October 1, 2014 , you or your eligible spouse can apply for or increase coverage as a retiree up to age 65 by submitting medical evidence of insurability.
Voluntary Accidental Death & Dismemberment	\$5,000 to \$300,00 Premium is paid 100% by you and is deducted from your N.S. Teacher's Pension cheque or your bank account if receiving a PSSP. You can only continue the coverage in effect prior to retirement.
NSTU MEDOC® Group Travel Plan	Available to all Members. Premium is based on age and is deducted from your N.S. Teacher's Pension cheque. Pre-existing conditions apply.
NSTU MEDOC® Trip Cancellation / Interruption Plan	Available to all Members. Premium is based on age and is deducted from your N.S. Teacher's Pension cheque. Pre-existing conditions apply.
Voluntary Critical Illness	Available to all members under age 75 up to \$300,000 of coverage. Coverage is also available for your spouse and eligible dependent children. Premium is paid 100% by you and is based on age. You may apply at any time. Pre-existing conditions apply.
Resilience® Employee / Family Assistance Program	Available to all active members and is sponsored by the NSTU Group Insurance Trust Fund. This program is not available to retired members.
CAREpath Cancer Assistance Program	Available to all active and retired members and is sponsored by the NSTU Group Insurance Trust Fund. This coverage continues after retirement with no termination age.
CAREpath HealthCareAssist Program	Available to all active and retired members and is sponsored by the NSTU Group Insurance Trust Fund. This coverage continues after retirement with no termination age.
Seniors' Care Assistance Program	Available to all active and retired members and is sponsored by the NSTU Group Insurance Trust Fund. This coverage continues after retirement with no termination age.
MHCSI Supplemental Prescription Drug Benefit	Available to all active and retired members enrolled in the Total Care Medical plan. This program provides a benefit of \$2 per prescription filled at an eligible Lawtons / Sobeys pharmacy. For active members and retirees under age 65, the Total Care Medical \$5.00 co-pay per prescription is reduced to \$3.00 per prescription. This benefit provides a reduction to the prescription drug co-pay. Members also receive a Lawtons Discount Card.
Home / Auto	Coverage continues. Premium is deducted from your N.S. Teacher's Pension cheque.
Nova Scotia Teachers Plus Credit Union	The requested amount will be deducted from your N.S. Teacher's Pension cheque.

IMPORTANT THINGS TO REMEMBER

Provincial Master Life:

Coverage reduces to \$10,000 at age 65, however, you can convert the terminated coverage to an individual policy of insurance.

Optional Life:

Effective May 1, 2019, members can apply for up to \$100,000 (\$50,000 for spouse) of Optional Life Insurance without the requirement of providing medical evidence. A 24-month re-existing condition clause applies. All amounts above the non-evidence maximum up to \$300,000 will require medical evidence of good health.

Effective October 1, 2014, retirees under the age of 65 and their eligible spouse under 65 may apply for Optional Life / Spousal Life Insurance by submitting medical evidence of insurability. At age 70, the benefit will reduce to a maximum of \$50,000. Anyone who has less than \$50,000 of coverage will continue with the lesser amount. Coverage cancels at the end of the month of your 85th birthday.

Voluntary Accidental Death & Dismemberment:

Members can enroll or increase coverage only while you are actively teaching. Coverage ceases at age 75. **If you wish to enroll or increase coverage before retirement, make sure you start the process before the end of May, as you must be actively at work on the effective date. Coverage decreases at age 70 to \$100,000 and there is no Permanent Total Disability, Home-Maker**

Weekly Indemnity or Hospital Indemnity coverage.

Total Care Medical:

Members must remember to enroll within 60 days of the receipt of your first pension cheque if you are currently enrolled. Prescription drug coverage under the Total Care Medical program ceases the end of the month prior to you turning age 65. Coverage under the Nova Scotia Seniors' Pharmacare program commences the first of the month that you become age 65. Therefore, there will be no lapse in prescription drug coverage.

Total Care Dental:

Total Care Dental coverage may be continued into retirement and there is no termination age. **Members must be enrolled in the Total Care Dental program prior to retiring.**

For members who have deferred their pension and have not continued their Group Insurance coverage, these members have **60 days from receipt of their first N.S. Teacher's Pension cheque or Public Service Superannuation Pension cheque to enroll in the Total Care Medical and Dental Plans.**

CAREpath – the Cancer Assistance Program:

This program is sponsored by the NSTU Group Insurance Trust Fund for all active and retired members permanently residing in Canada. CAREpath provides assistance and support to active and retired members, spouses, and dependent children who suspect having cancer or have a diagnosis of cancer.

CAREpath – HealthCareAssist:

This program is sponsored by the NSTU Group Insurance Trustees and introduced in March 2018. HealthCareAssist provides individualized case management for all types of medical conditions. A Nurse Case Manager provides a single point of contact, creates continuity of care and ensures patients receive the right treatment, at the right time, in the right place.

Seniors' Care Assistance Program:

This program was introduced on January 1, 2016 and is sponsored by the NSTU Group Insurance Trust Fund for all active and retired members. This program is the only service in Canada that connects members, immediate family, and parents to a Registered Nurse who specializes in senior care assistance.

Summary:

There are many issues to consider as you move toward retirement. As well, there are many benefits available to you to continue through retirement to make your life a bit easier.

The Trustees encourage members to ensure that you consider your insurance needs prior to retirement to avoid any surprises after having finished your teaching career.

If you have any questions with respect to your NSTU Group Insurance coverage at retirement, please do not hesitate to contact the Administrator, Johnson Inc. at (902) 453-9543 or 1-800-453-9543 (toll-free).

Opting out of the NSTU Long Term Disability Plan

Can You Opt Out? What Are the Rules?

Frequently Asked Questions

As with all group insurance plans, there are eligibility rules for entry into plans and also rules that stipulate how you can opt out of particular benefits. The NSTU Group Insurance Trustees would like to remind active NSTU members and PSAANS members of the opt-out provisions within the NSTU LTD plan.

Q: The NSTU plan became mandatory in 2014 for active NSTU members. Are there any provisions that would allow a member to opt out of the LTD plan and, therefore, discontinue payroll deductions for that benefit?

A: Long Term Disability coverage protects your income when you are unable to work as a result of an accident or illness. Of course, you must meet the eligibility requirements of the contract to collect benefits. This type of coverage is in place to provide peace of mind for members that you will be able to meet your financial commitments should you suffer a prolonged illness or an accident that prevents you from earning your income.

However, in the later stages of your career it may not be advantageous to maintain your coverage under the NSTU LTD plan. With this in mind, the Trustees put

in place a provision that will permit an opt-out from the LTD plan under the following conditions:

- A plan member is 65 years of age or has 35 years of service less accumulated sick leave.

The above condition(s) must be met before any opt out from the LTD plan is permitted.

Fast forward to today, and after considerable discussion and feedback from NSTU members, the following opt-out provision will be added effective August 1, 2019.

NEW

- A plan member will be permitted to opt out of the NSTU LTD plan if they are 64 years of age with at least enough accumulated sick leave to bring them to 65 years of age. The member must prove they have the sick leave needed to meet this condition.

If you believe you meet any of these conditions to opt-out of the LTD plan, please contact the Administrator, Johnson Inc. at (902) 453-9543 or 1-800-453-9543 (toll-free).

