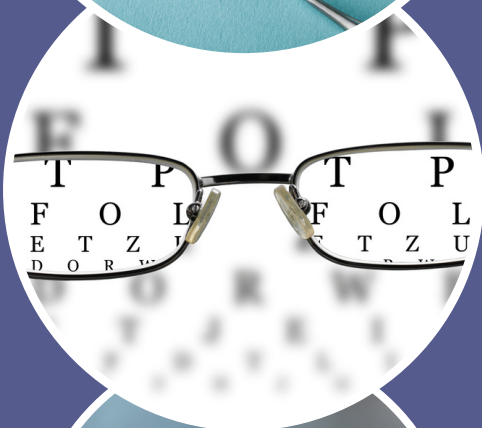




Health & Dental Booklet

2025/2026



Drawbridge. Benefits made simple.

Drawbridge is our all-new, best-in-class benefits platform. Our interactive website is easy to use, and designed for use across all platforms and mobile devices. After you have registered your account, you have access to:



Submit claims online



Review and update personal information



View your claims history and print your Explanation of Benefits (EOB)



Print or save your convenient benefit cards for on the spot reimbursement



Review your benefit balance



Register for direct deposit



Access the drug formulary to determine if a drug is covered



Print and view plan booklets and benefits at a glance



Locate a health practitioner or medical provider in your area

Download our mobile app!

Search “Drawbridge” on:



King's Students' Union 2025/2026

The King's Students' Union is pleased to sponsor the Extended Health and Dental Benefit Plan ("the KSU Plan"), outlined in this booklet. All benefits are reimbursed directly from The Campus Trust, unless otherwise noted. This booklet provides you with a description of the benefits to which you are entitled, an explanation of the rules regarding eligibility, and the procedures to follow when submitting a claim. The benefits described here may be revised from time to time or discontinued.

The information contained in this booklet does not create or confer any contractual or other rights. All claims are considered, and paid, in accordance with the rules of the KSU Plan and the insurance contracts. The Campus Trust, The PBAS Group and/or insurance companies have the full authority to resolve all questions related to the provisions of the KSU Plan. The PBAS Group has the right and opportunity to examine any person whose injury or illness is the basis of a claim, when and as often as it may reasonably require during the pendency and payment period of any such claim.

Your student number, name, and date of birth are used by The PBAS Group to determine your eligibility for benefits while you are a member of the KSU Plan. Without the use of this information you are still covered for benefits - however, your claims may not be adjudicated. Your personal information is used only for this purpose; it is stored with the utmost attention to security and deployed sparingly to fulfill the requirements of the KSU Plan and the law. For further information on the use of this information or to revoke the use of this information, contact The PBAS Group.

For benefit plan details, reimbursement and claim enquiries contact:

The PBAS Group
110-61 International Blvd
Toronto, ON M9W 6K4
Tel: 1 (888) 404-6623
studentbenefits@pbas.ca

Register for your plan member portal:
ksu.drawbridge.ca

For information regarding eligibility and rates, contact the Services and Campaigns Coordinator:

King's Students' Union
6350 Coburg Road,
Halifax, NS, B3H 2A1
Phone: (902) 429-2299
Email: coordinator@ksu.ca
www.ksu.ca

Important Deadlines

Opt out or add dependants to the KSU Plan:

September 16, 2025

Opt Out or Add Dependants:

www.studentbenefits.ca



Contents

Eligibility **3**

Am I eligible for benefits?	3
Are my spouse and/or dependant children eligible for benefits?	3
How do I opt-in or add my spouse and dependant children to the plan?	4
When does coverage terminate?	4
Can I opt out of the extended health and/or dental plan?	4
Is there a reason why I should keep the KSU Plan if I am covered elsewhere?	4
When will I receive my refund if I choose to opt out of the KSU Plan?	4

Health Benefits at a Glance **5**

Description of health care benefits	6
Limitations to the health care benefits	10

Student Wellness **11**

Dental Benefits at a Glance **13**

Description of dental care benefits	13
Limitations to the dental care benefits	15

Register for Online Services **16**

Will I receive a benefit card?	16
Can I submit a claim online?	17
How do I register for direct deposit?	17
Can I view my claims and payments on the website?	17
How do I know when my benefit maximums have been reached?	17

Submitting a Claim **18**

How long do I have to submit a claim?	18
Can claims be paid directly to my provider?	18
What if I have more than one plan?	18
How do I submit a claim?	18



Eligibility

Am I eligible for benefits?

To be eligible for coverage you must be:

- Enrolled as a full-time student at University of King's College;
- Under the age of 70; and,
- Covered under a provincial health care plan or equivalent.

Full-time students are automatically enrolled in the KSU Plan when they register for classes. The health and dental fee is automatically applied to your 'Student Account Balances, Tuition & Fees' tab on [DalOnline](#).

If you have fulfilled the requirements for eligibility, you will have a 12-month term of coverage commencing September 1st. Students enrolling after September 1st will be eligible for the remainder of the benefit year.

Did you know?

The benefit maximums listed in this booklet apply to each dependant individually, unless otherwise noted.

Are my spouse and/or dependant children eligible for benefits?

Yes, your spouse and dependant children can be covered for benefits. In order to be eligible, your dependants must be covered under a provincial health care plan, under age 70, and you must pay the applicable fee before the deadline. Your spouse and dependant children become eligible when you become eligible.

Spouse

A person to whom you are legally married or whom you cohabitate with on a permanent and ongoing basis for at least one continuous year, is publicly recognized as your spouse, and is under the age of 70.

Dependant Children

Children either natural, legally adopted, stepchildren or other children that live with you on a full-time basis, who are under the age of 21 and depend on you for support while living in a parent-child relationship.

Unmarried dependant children who have been identified as disabled and are over the age of 21, or children under the age of 25 who are in full-time attendance at an accredited educational institution, are eligible for coverage, with the submission of documentation yearly.

How do I opt-in or add my spouse and dependant children to the plan?

If you choose to opt in as a part time student, and/or add your eligible spouse and/or dependant children to the KSU Plan, you must complete the required form(s), online at studentbenefits.ca. You must complete this process by **September 16, 2025**.

When adding dependants, or for part-time opt ins, the additional fee must be sent to the Services and Campaigns coordinator by e-transfer to fvp@ksu.ca including your student name and number, before your requested coverage will be activated.

When does coverage terminate?

Coverage for you and your dependants will terminate on August 31, unless:

- You cease to be an eligible student;
- You attain the age of 70;
- Premium payments by KSU cease; or,
- Your plan is discontinued.

Coverage for your dependants will terminate on the date your dependants no longer meet the definition of an eligible dependant.

Can I opt out of the extended health and/or dental plan?

In order to opt out of this plan, you must be enrolled in another extended health and/or dental plan. Proof of coverage for health is required before you are able to opt out. You must complete this process by **September 16, 2025**.

If you choose to exclude yourself from the plan, you must complete the required form each year, online at studentbenefits.ca.

Once your opt-out request has been approved, it will remain in force for the entire benefit year, unless your alternate extended health and/or dental plan terminates. You have 30 days from the loss of coverage to notify The PBAS Group, in order to be covered under this plan for the remainder of the benefit year. You must provide a copy of your notice of termination and pay the applicable fees.

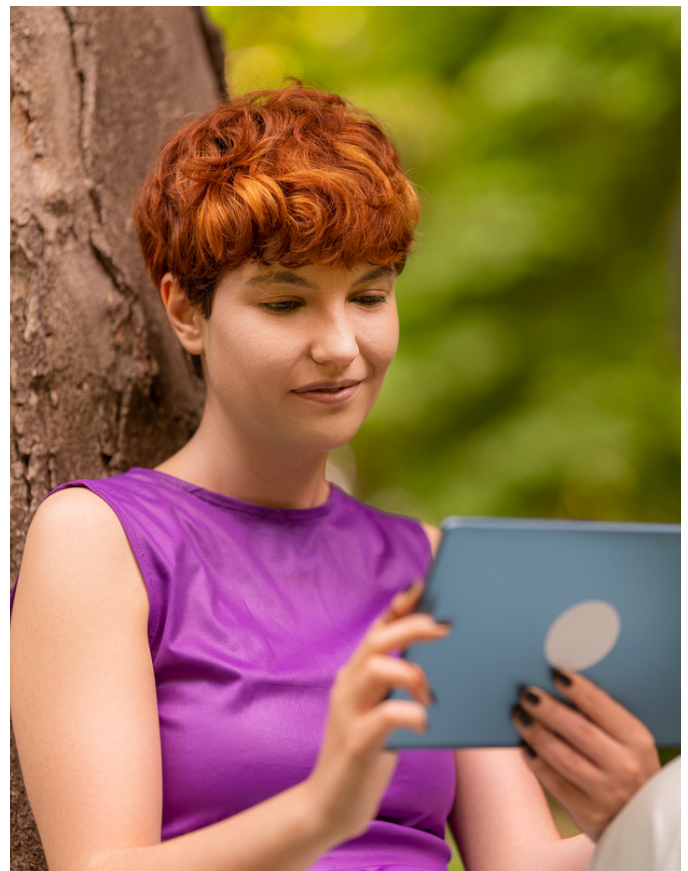
Is there a reason why I should keep the KSU Plan if I am covered elsewhere?

The KSU Plan has been designed by students to specifically prioritize student needs. Remaining in both this plan and another plan may enable you to maximize your total coverage by coordinating the benefits of the two plans.

Students who have more than one group benefit plan can coordinate their benefits under each plan to increase coverage up to 100% of the total eligible expense. The payments from each plan are adjusted to limit the reimbursement to the total expense paid.

When will I receive my refund if I choose to opt out of the KSU Plan?

If you are already covered under an extended health and dental plan, and you choose to opt out of this plan, reimbursements are issued by the school, and are processed after the opt-out period has closed.



Health Benefits

At-a-Glance | 2025/2026



Accidental Dental	80%	Reasonable and customary charges
AD&D	—	see schedule of losses
Ambulance	80%	up to \$1,100 per trip
Counselling	80%	up to \$1,000 per benefit year
Eye Exam	80%	Once every 24 months (12 months under age 17)
Eye Wear	100%	up to \$150 every 24 months
Health Practitioners	100%	acupuncturist chiropractor dietitian massage therapist * occupational therapist osteopath podiatrist/chiropractist speech therapist
		\$20 per visit, up to \$300 per benefit year, per practitioner
		naturopath (consultations)
		\$300 per benefit year
Hospital	100%	physiotherapist *
		Reasonable and customary charges
Hospital	100%	Semi-private
Medical Equipment *	100%	up to \$3,000 per benefit year
Prescription Drugs	80%	up to \$4,000 per benefit year Maximum dispensing fee is \$9.99
Psychoeducational Assessment	80%	up to \$1,000 per benefit year
Student Wellness	—	24 hours a day, 7 days a week, 1 (833) 549-3281
Travel Benefits	\$5,000,000	per coverage period
Tutorial Benefit	100%	\$15 per hour, up to \$1,000 per disability

There is a **\$5,000 maximum** per covered person, per benefit year for health expenses (excluding Gender Affirmation, Hospital, Prescription Drugs and Vision).

This is a basic overview of your health & dental plan, created as an easy way to assist students to maximize coverage. Complete descriptions of all benefits, including specific limits, are listed in your booklet.

* Referral required every 12 months

Pharmacy Direct Billing:

Group: 6139

Carrier: MDM

Pharmacy Support: 1 (800) 838-1531

Student Benefits

ksu.drawbridge.ca

1 (888) 404-6623

studentbenefits@pbas.ca

Address:

110-61 International Blvd.

Toronto, ON M9W 6K4



Description of Health Care Benefits

This section of the booklet contains information pertaining to the health portion of your benefit plan. This coverage information can also be found online, at studentbenefits.ca or at your plan member portal **ksu.drawbridge.ca**. Your benefits, as described below, come into effect after any Provincial Health Care annual maximums have been exhausted. There is a **\$5,000** maximum per covered person, per benefit year for health expenses (excluding Gender Affirmation, Hospital, Prescription Drugs and Vision). Unused benefits from a specified time frame cannot be rolled over to a future period.

Covered charges are reasonable and customary expenses needed for medical care, services or supplies, and received while the person is eligible, for either an illness or injury that is non-occupational or related to pregnancy. No amount will be payable for taxes and/or shipping and handling fees for any covered service/product(s).

Accidental Dental – 80%, reasonable and customary charges

Charges for dental services by a licensed dentist for the repair of sound natural teeth (healthy, non-diseased and not heavily restored) are covered when required for a non-occupational accidental injury, external to the mouth, which occurs while the person is covered. No amount will be payable for injury caused by an object placed in or on the mouth, self-inflicted injury, or damage to existing dentures, crowns, or bridgework. Work performed outside of Canada may be considered, after submitted to any medical or travel insurances of which you are eligible.

Benefits shall be paid in accordance with the Nova Scotia Dental Fee Guide for General Practitioners, in effect at the time of treatment. Treatment must commence within 90 days following the date of the accident, and the care or services must be completed within one year from such date. No amount shall be payable for charges incurred after the termination date, or after the person's coverage terminates.

When submitting a claim for accidental dental, you are required to submit a letter detailing when and how the accident happened. The attending dentist must confirm that the treatment is the result of an accident.

It is recommended that the dentist submit a predetermination outlining the course of treatment and the resulting cost. Eligible accidental dental claims must first be submitted to the Health Care Plan. Once this benefit is exhausted, remaining expenses can then be considered under the Dental Care Plan.

Accidental Death and Dismemberment (AD&D)

(This benefit is underwritten by Chubb Life Insurance Company of Canada under Policy Number SG10252601)

This coverage applies to the student only. The amount of the benefit is limited to the percentage shown in the Schedule of Losses. To see complete details of coverage, or to download your copy of the Accidental Death and Dismemberment Policy, please visit your plan member portal **ksu.drawbridge.ca**, or studentbenefits.ca.

When you register an account on your plan member portal, you can assign a beneficiary. Alternatively, you can visit the Document Centre to fill out the form. Send a scanned copy, or the original signed copy, to The PBAS Group. If a beneficiary is not designated, any payments will be made to your estate.

Ambulance – 80%, up to \$1,100 per trip

Charges for licensed ambulance services within Canada, in excess of the amount payable under the covered person's provincial health care plan, are covered.

The coverage includes the transport of the covered person from the place of debilitation to the nearest hospital where treatment is available, or from the first hospital to another for specialized treatment not available at the first hospital, or to a convalescent/rehabilitation hospital. No amount will be paid for expenses outside of Canada. Air ambulance is covered up to \$200 per trip.

Convalescent/Rehabilitation hospital (within home province) – 100%, up to \$3 per day, maximum stay up to 120 days

Daily charges in excess of the ward rate up to the Room and Board Limit plus user fees, but not beyond the maximum daily amount or maximum stay. Confinement must begin within 14 days of hospital discharge. A new maximum stay will apply if the covered person has not been confined in a convalescent/rehabilitation hospital for at least 90 days. A convalescent/ rehabilitation hospital is a place that:

- has a transfer arrangement with hospitals;
- provides in-patient nursing care (that meets minimum Provincial regulations) for the convalescent/ rehabilitation stage of an injury or illness; and,
- is approved as a convalescent/rehabilitation hospital for payment of the ward rate under the Provincial Health Plan.

Counselling – 80%, up to \$1,000 per benefit year

Counselling services provided by a:

- Licensed psychologist;
- Registered social worker/master of social work;
- Licensed professional counsellor;
- Licensed counselling therapist; or,
- Psychotherapist;

are covered, provided the counsellor is licensed under the appropriate provincial or federal organization to practice their profession, in accordance with the rules of their profession. No amount will be paid for group counselling, testing/assessments, or reports under this benefit (see Psychoeducational Assessments).

Your plan has a Preferred Provider program! Preferred providers offer discounts or complimentary services, and will always direct bill your plan on your behalf. Visit the Provider Search page on **ksu.drawbridge.ca** to see information for providers participating in the Preferred Provider program for your plan.

Eye Exams – 80%, covered once every 24 months; 12 months under age 17

One eye examination, by an ophthalmologist or optometrist, registered and legally practicing within the scope of their license, is covered for reasonable and customary charges. No amounts will be paid for contact lens fitting fees or retinal photos.

Eye Wear – 100%, up to \$150 every 24 months

Lenses and frames or contact lenses are covered, when prescribed by an ophthalmologist or optometrist. Itemized invoices are required. Laser eye surgery in lieu of lenses and frames will also be covered, up to the benefit maximum. No amount will be paid for electronic components for smart glasses, or non-prescription glasses, such as safety or sunglasses.

When purchasing glasses or contact lenses online, you are required to submit a copy of your current prescription with your claim.

Health Practitioners – 100%, limits vary

Services provided by the following health practitioners are covered, provided the practitioner is licensed by the appropriate provincial or federal organization to practice their profession, in accordance with the rules of their profession.

The following practitioners are covered up to \$20 per visit, up to \$300 per benefit year, per practitioner:

- Acupuncturist
- Chiropractor
- Dietitian
- Massage therapist (referral required)
- Occupational therapist
- Osteopath
- Podiatrist/chiropractist (consultations)
- Speech therapist

The following practitioners are covered as follows:

- Naturopath (consultations) are covered up to \$300 per benefit year
- Physiotherapist (referral required) are covered for reasonable and customary charges.

If an x-ray is recommended by any of the above health practitioners, an additional \$25 is covered towards this expense. No amount will be paid for any visit for which any amount is payable under the covered person's provincial health care plan, unless permitted by law.

Ask your health practitioner if they direct bill to The PBAS Group, to save you from having to pay for your services out of pocket. Providers can register at **provider.pbas.ca**.



Hospital – 100%, reasonable and customary charges for semi-private accommodation

Charges are covered for semi-private accommodation in a hospital within your home province, limited to the difference between the charges for public ward and semi-private accommodation for each day of hospitalization.

Medical Equipment – 100%, up to \$3,000 per benefit year (referral required)

Charges are covered for the rental or purchase of medical equipment based on the nature and severity of the covered person's medical needs, when recommended by a licensed medical doctor (M.D.). Before incurring any major expenses, it is recommended you submit details to The PBAS Group to determine to what extent benefits are payable.

Covered items include, but are not limited to:

- Wheelchairs (purchase, \$1,000 per lifetime; repairs, \$250 per lifetime);
- Respiratory equipment, including oxygen (\$1,500 per lifetime);
- Contact lenses/glasses following cataract surgery (one pair per lifetime);
- Canes, crutches, walkers, casts, splints;
- Catheters, and colostomy supplies;
- Compression stockings (two pairs per benefit year);
- Intra-uterine devices (IUDs) with no medicinal content (one per benefit year);
- Insulin pumps (\$1,500 per benefit year);
- Aero chamber (one per student year);
- Custom-made rigid or semi-rigid braces (not for athletic use) for back, neck, arm or leg (\$1,000 per lifetime, per condition);
- Non-dental prosthesis such as artificial limbs and eyes, including replacement if required because of a change in physical condition (\$1,000 per lifetime, per condition) (excluding myoelectric appliances);
- Artificial eyes, and the cost of one polishing or one remaking of the artificial eye each policy year;

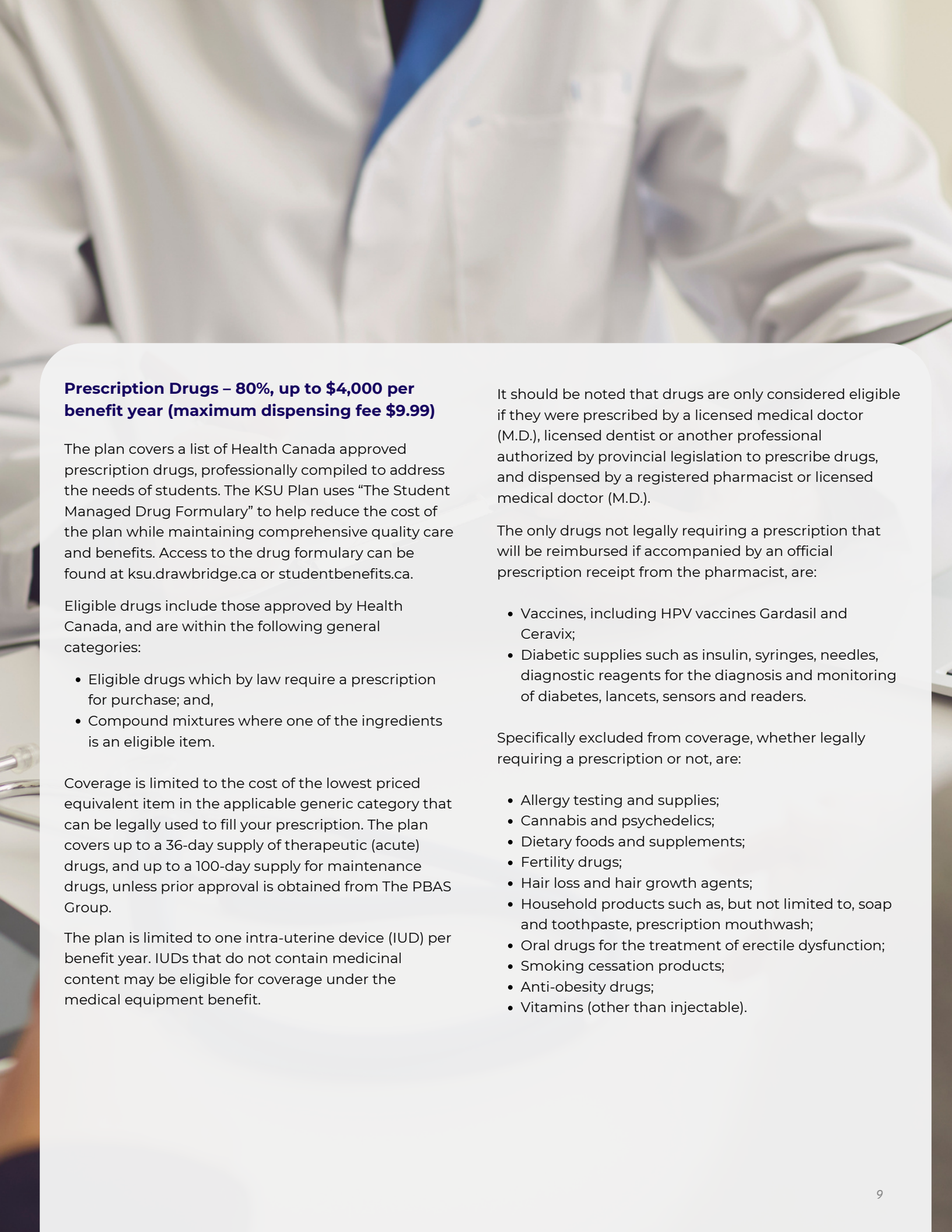
- Surgical brassieres (\$200 per benefit year);
- Wigs for a diagnosed medical condition or medical treatment resulting in full or partial hair loss (\$1,000 per lifetime).

Gender Affirmation: The following services (not covered by your provincial/territorial health plan) will be considered eligible for coverage up to a \$10,000 per lifetime maximum when a diagnosis of gender dysphoria from a legally qualified physician (M.D.), or nurse practitioner is provided. Reimbursement will be limited to reasonable and customary charges.

- Foundation (core) – Transition-related genital and chest/breast surgeries not covered by your provincial/territorial health plan, as well as vocal surgery, tracheal shave, chest contouring/breast construction, vaginal dilators, laser hair removal and facial feminization surgery.
- Focused – Non-genital, non-breast/chest enhancement surgeries as follows: nose surgery, liposuction/lipofilling, face/eyelid lift, lip/cheek fillers, hair transplant/implants, and gluteal lifts/implants.

Excluded are items required for athletic use, personal comfort, convenience, exercise, safety, self-help or environmental control items, or items which may also be used for non-medical reasons, such as, but not limited to: heating pads or light therapy devices, communication aids, air conditioners or cleaners, and whirlpool baths or saunas. Not all exclusions are listed. Medical supplies not listed in this booklet are subject to prior approval from the administrator.

In order to submit a claim for medical equipment, a letter (referral) will be required from a licensed medical doctor (M.D.) describing the nature of the disability, the type of equipment, medical need and estimated duration required.



Prescription Drugs – 80%, up to \$4,000 per benefit year (maximum dispensing fee \$9.99)

The plan covers a list of Health Canada approved prescription drugs, professionally compiled to address the needs of students. The KSU Plan uses “The Student Managed Drug Formulary” to help reduce the cost of the plan while maintaining comprehensive quality care and benefits. Access to the drug formulary can be found at ksu.drawbridge.ca or studentbenefits.ca.

Eligible drugs include those approved by Health Canada, and are within the following general categories:

- Eligible drugs which by law require a prescription for purchase; and,
- Compound mixtures where one of the ingredients is an eligible item.

Coverage is limited to the cost of the lowest priced equivalent item in the applicable generic category that can be legally used to fill your prescription. The plan covers up to a 36-day supply of therapeutic (acute) drugs, and up to a 100-day supply for maintenance drugs, unless prior approval is obtained from The PBAS Group.

The plan is limited to one intra-uterine device (IUD) per benefit year. IUDs that do not contain medicinal content may be eligible for coverage under the medical equipment benefit.

It should be noted that drugs are only considered eligible if they were prescribed by a licensed medical doctor (M.D.), licensed dentist or another professional authorized by provincial legislation to prescribe drugs, and dispensed by a registered pharmacist or licensed medical doctor (M.D.).

The only drugs not legally requiring a prescription that will be reimbursed if accompanied by an official prescription receipt from the pharmacist, are:

- Vaccines, including HPV vaccines Gardasil and Ceravix;
- Diabetic supplies such as insulin, syringes, needles, diagnostic reagents for the diagnosis and monitoring of diabetes, lancets, sensors and readers.

Specifically excluded from coverage, whether legally requiring a prescription or not, are:

- Allergy testing and supplies;
- Cannabis and psychedelics;
- Dietary foods and supplements;
- Fertility drugs;
- Hair loss and hair growth agents;
- Household products such as, but not limited to, soap and toothpaste, prescription mouthwash;
- Oral drugs for the treatment of erectile dysfunction;
- Smoking cessation products;
- Anti-obesity drugs;
- Vitamins (other than injectable).

Psychoeducational Assessment - 80%, up to \$1,000 per benefit year

A psychoeducational assessment is eligible for coverage under your Plan when it is conducted by a licensed professional acting within the scope of their license and in accordance with the standards of their profession.

These assessments may address, but are not limited to, the following areas:

- Learning disorders: difficulties related to reading, writing, or mathematics.
- Attention-Deficit/Hyperactivity Disorder (ADHD): issues with focus, impulsivity, and hyperactivity.
- Cognitive or intellectual disabilities: limitations in intellectual functioning.
- Other conditions: mental health concerns such as anxiety, depression, behavioural disorders, and cognitive difficulties.

A referral from a Medical Doctor or licensed counsellor is required when submitting a claim for a psychoeducational assessment.

Travel Benefits – \$5,000,000 per coverage period

(This benefit is underwritten by Beneva Policy Number 38S10)

As part of the health plan, you and your eligible dependants are covered for hospital services, physicians, and other services for emergency treatment of an injury or illness while traveling outside of the province of Nova Scotia, including international travel. The travel plan covers reasonable and customary charges, which are in excess of the provincial health-care allowance.

You're covered for up to 90 days per trip, for an unlimited number of trips taken during the time you're covered. The maximum coverage is \$5,000,000 per coverage period. Students and their dependants are not covered for out-of-province or out-of-country emergency services once they reach age 65.

When travel is required to complete a course of study, coverage can be extended to 365 days, following confirmation from your academic supervisor. Please contact the Student Union or The PBAS Group to obtain a 365-day Medical Assistance Travel Card. For complete details of coverage and/or to print your 90-day Medical Assistance Travel Card, visit **ksu.drawbridge.ca**.

Tutorial Expenses – \$15 per hour up to \$1,000 per disability

(This benefit is underwritten by Chubb Life Insurance Company of Canada under Policy Number SG1025601)

This benefit applies to the student only. If you become disabled while covered, and are confined at home or in a hospital for a minimum of 15 consecutive school days, you are eligible for the private tutorial services by a qualified teacher, up to the benefit maximum. The teacher must be approved in advance by the KSU. Disabilities due to the same or related cause will be treated as one disability.

If the disability is the result of an accident, confinement must occur no later than 100 days after the accident. Disabled means that you cannot, because of illness or injury, engage in most of the standard activities a person of the same age or demographic.

Limitations to the health care benefits

No amount will be paid for care, services or supplies:

- if the payment is prohibited by law;
- if the benefit is covered under any government plan or law;
- where no charge would have occurred in the absence of this coverage;
- for care or treatment which is not medically required;
- for dental work, excluding accidental dental;
- for testing including, but not limited to, allergies, sleep studies, learning disabilities; or,
- for care or treatment that exceeds the normal care or treatment that is recognized as customary and common practice for an illness or injury, in accordance with current therapeutic practice.

No amount will be paid for any charge incurred as a result of:

- war, whether declared or not;
- insurrection, rebellion or participation in a riot or civil commotion;
- purposely self-inflicted injury; or,
- the covered person's commission of, or attempt to commit, an assault or a criminal offence.



STUDENT WELLNESS

Student Wellness provides students with free, confidential access to a professional counsellor any time, anywhere, via phone or internet. Staffed by a team of highly trained and qualified professionals who are experts in fields such as well-being, family matters, relationships, debt management, employment issues and more.

See what Student Wellness can do for you.



Healthy Living

Student life can be busy, and keeping up with class requirements on top of work or family duties means less time for your health and wellness.

Healthy Living

- Information and referrals
- Articles on health and wellness
- Online assessments and stress management training



Unhealthy Habits

Letting go of unhealthy habits isn't easy but Student Wellness can provide information and resources to help change your routines and replace unhealthy habits with healthier ones.

Unhealthy Habits

- Tips to quit smoking and tobacco
- Articles on healthy eating and fitness
- Audio on stress management techniques



Stress and Resiliency

Learning resilience means coping with the stresses of student life, by forming strong relationships, communication and problem-solving skills, the ability to make plans, and a positive outlook.

Stress and Resiliency

- Articles and tip sheets on resilience
- Online assessments and stress management training
- Work-life consultations



Goal Setting

Increase your GPA. Run a marathon. Find an internship. Creating a set of specific short and long-term goals is the best way to turn your personal and professional dreams into reality.

Goal Setting

- Articles and tip sheets on goal setting and time management
- Referrals to self-help groups, coaches, and tutors



Healthy Relationships

Maintaining supportive, lasting relationships can enhance our lives, give us purpose, and provide support in times of crisis—improving our health and reducing stress.

Healthy Relationships

- Articles and information on healthy communication
- Online training in conflict resolution and anger management
- Legal and financial information for couples and spouses



Organizational Tools

Reading, papers, and presentations are great opportunities to learn, but can be a source of anxiety if you aren't organized. Learning simple time management, keeping an organized workspace, and having the right tools can help you succeed.

Organizational Tools

- Articles and tips on goal setting and time management
- Organizational tools and strategies
- Online stress management support



Anger Management

We all face situations that can make us feel angry. Anger in response to certain situations is normal, but expressing that anger in a healthy way is key to successful communication.

Anger Management

- Online seminar to recognize and manage anger
- Articles and resources on stress and anger management
- Audio tips on anger



AWARE

AWARE is a research-based, personalized mindfulness program that helps individuals manage personal or work stress through six phone sessions with a specialist trained in wellness coaching.

AWARE

- Focus and concentration
- Chronic medical conditions and pain
- Tools to increase awareness and support intentional living



We've got you covered.

Our Student Wellness program is available 24 hours a day, 7 days a week, and can be accessed by phone, web, or app.

In Canada 1-833-549-3281

Direct Dial Outside of Canada 416-956-2963

studentbenefits.ca/studentwellness

Access Support via the
Balancy App

Passcode:

324948



Dental Benefits

At-a-Glance | 2025/2026



Benefit Maximum is \$850 per Benefit Year

Diagnostic	80%	Exams, X-rays
Preventive	80%	Polishing, Scaling, Oral Hygiene Instruction, Space Maintainers
Restorative	80%	Fillings
Endodontic	80%	Root Canals, Pulpotomy
Periodontic	80%	Root Planing, Management of Oral Disease
Oral Surgery	80%	Tooth and Root Removal
Denture Maintenance	80%	Relining, rebasing, adjustments, cleanings
Anesthesia	80%	Deep, Inhalation, Intravenous, when required for a covered procedure

Payments will be based on the Nova Scotia Dental Association Suggested Fee Guide for General Practitioners in effect at the time of treatment.

This is a basic overview of your dental plan, created as an easy way to assist students to maximize dental coverage. Complete descriptions of all benefits, including specific limits, are listed in your booklet.

Electronic Billing:

Account: PBAS
Carrier Code: 610256
Claim Format: NDC
Group No.: 668

Student Benefits

ksu.drawbridge.ca
1 (888) 404-6623
studentbenefits@pbas.ca

Address:

110-61 International Blvd.
Toronto, ON M9W 6K4

Description of Dental Care Benefits

There is an overall dental maximum of **\$850** per benefit year, per person

This section of the booklet contains information pertaining to the dental portion of your benefits plan. This coverage information can also be found online, at studentbenefits.ca or on your Plan Member portal ksu.drawbridge.ca.

Eligible dental expenses are covered when they are incurred while the person is insured and service is provided by a licensed dentist, dental hygienist, anesthetist, or specialist. The term “dentist” in this provision intends to include all of the above. If treatment is given by a specialist, the amount paid will be limited to the amount stated for that treatment in the Nova Scotia Dental Association Suggested Fee Guide for General Practitioners in effect at the time of treatment, as described below. Treatment by a specialist will only be covered if a comparable dental code exists in the General Practitioner Fee guide of the province of the Plan.

There is an overall dental maximum of **\$850** per benefit year, however certain items are specifically excluded and limits exist. Unused benefits from a specified time frame cannot be rolled over to a future period. It is recommended to submit a predetermination to ensure you are covered for your procedure.

Diagnostic and Preventive – 80%

Examinations

- Initial or complete examinations (once every 24 months)
- Recall examinations (once per benefit year)
- Specific examinations
- Emergency examinations

X-rays

- Full mouth series x-rays (once every two years)
- Periapical x-rays (up to 16 films every two years)
- Bitewing x-rays (up to four films per benefit year)
- Occlusal x-rays (up to four films per benefit year)
- Panoramic x-rays (once every two years)

Cavity Prevention

- Polishing or cleaning teeth (one unit per benefit year)
- Recall scaling (four units per student year, combined with root planing)
- Fluoride treatments (once per benefit year)
- Space Maintainers (once per space for primary teeth, dependants age 14 or younger)
- Pit and fissure sealants for ages 14 or younger

Restorative – 80%

Fillings

- Sedative, silver or white fillings
- Retentive Pins

Endodontic – 80%

- Pulpotomy
- Root canal (once per tooth)
- Apexification
- Periapical services
- Root amputation
- Hemisection
- Intentional removal, apical filling, and reimplantation

Periodontic – 80%

- Oral disease
- Desensitization
- Gingival curettage
- Gingivectomy
- Flap surgery
- Tissue graft
- Occlusal equilibration
- Root planing (four units per student year, combined with scaling)
- Periodontal appliances once every 12 months

Oral Surgery – 80%

Major

- Extractions, erupted teeth
- Residual root removal

Minor

- Extractions surgical
- Alveoloplasty, gingivoplasty, stomatoplasty, vestibuloplasty
- Surgical excision
- Surgical incision
- Fractures
- Frenectomy
- Post surgical care

Denture Maintenance – 80%

- Denture cleaning once per benefit year
- Relining and rebasing of existing dentures (once every 36 months)
- Tissue Conditioning (once every 36 months)
- denture repairs and/or tooth/teeth additions
- denture adjustments and remount and equilibration procedures, only after 3 months have elapsed from the installation of a denture
- remake of a partial denture using existing framework, once every 5 years based on first paid claim

Anesthesia – 80%

- Local anesthesia
- Deep sedation
- Inhalation technique
- Intravenous sedation

Limitations to the dental care benefits

No amount will be reimbursed for the following expenses:

- bite plates, bridges, major restorative (unless listed), bleaching, orthodontic services;
- any anesthesia administered in a hospital;
- dental charges that could be claims under Workers' Compensation;
- dental charges not included in the current provincial fee guide for General Practitioners;
- cosmetic procedures, experimental treatment or testing;
- charges for appointments that are not kept;
- charges for the completion of claim forms;
- treatment to correct temporomandibular joint dysfunction of the jaw;
- endodontic treatment that started before the effective date of coverage;
- dental appliances (unless listed);
- any orthognathic surgery (remodeling or reconstruction of your jaw);
- procedures or supplies used in vertical dimension corrections (changing the height of the teeth) or to correct attrition problems (worn down teeth); or,
- implanting fabricated teeth or any major surgery resulting from implanting fabricated teeth.

Did you know?

Your plan has a Preferred Provider program! Preferred providers offer discounts or complimentary services, and will always direct bill your plan on your behalf. Visit the Provider Search page on **ksu.drawbridge.ca** to see information for providers participating in the Preferred Provider program for your plan.

Register for Online Services

There are many services available on **ksu.drawbridge.ca** that will make your benefit plan easier than ever to access. You must register as a member to take advantage of all features of the site.

Will I receive a benefit card?

After you are eligible for coverage and have registered at **ksu.drawbridge.ca**, you will be able to print the following personalized benefit cards.



Pay-Direct Card – Pharmacy

This card should be presented to your pharmacist (along with your prescription) in order to access the electronic pay-direct system. Your claim is processed immediately without the need for you to submit a claim. Your pharmacist will advise you of any amount owing.



Pay-Direct Card – Health and Dental Practitioner

This card should be presented to the health or dental practitioner, in order to access the electronic pay-direct system. Your claim is processed immediately without the need for you to submit a claim form. Your practitioner will advise you of any amount owing.



Travel Card

This card gives you coverage for 90 days while you are traveling. If you are traveling on an exchange program or to complete a course of study, and you require an extended period of travel, please contact the Student Union office or The PBAS Group for further details. If you have a medical emergency, you must contact the travel insurance provider prior to receiving services or making a travel claim. The contact numbers are on back of the card.



Remember...

When your provider submits a claim on your behalf, your claim will be processed immediately, eliminating the need for you to submit the claim. All benefits have limits, and pharmacists, health practitioners, and dental offices are not obligated to submit your claims electronically.

Register for Online Services

Can I submit a claim online?

Online claim submission is an easy and practical way to submit your health or dental claims online. Once you have registered on the website, you will be able to submit your claims online. Simply complete the required fields in the claim form, use your smart phone to upload pictures of your receipts, or attached scanned copies of your receipts.

The online claim submission system will help ensure that we have all the information required for processing your claim. The system will let you know if you are required to submit a referral, and will allow you to coordinate your benefits with another plan.

When submitting claims online, you are required to retain your original receipt(s) for 12 months, as The PBAS Group may request them at any time.

How do I register for direct deposit?

When you register as a member on **ksu.drawbridge.ca**, you must add your direct deposit information in your profile. Your direct deposit payments will normally begin with your next submitted claim.

To make the direct deposit registration process simple, have a blank cheque or direct deposit form from your bank on hand when you register. These documents include all the information required to set up direct deposit. Your payments can be deposited into a chequing or savings account. If you have another kind of account, please call your financial institution to find out what accounts you can use for direct deposit.

You can change your direct deposit information at any time by visiting **ksu.drawbridge.ca** and updating the information in your profile.

Before the payment has been deposited into your account, you will receive an explanation of benefits (EOB) by email. With normal bank clearing procedures, your payment should be deposited within two or three business days.

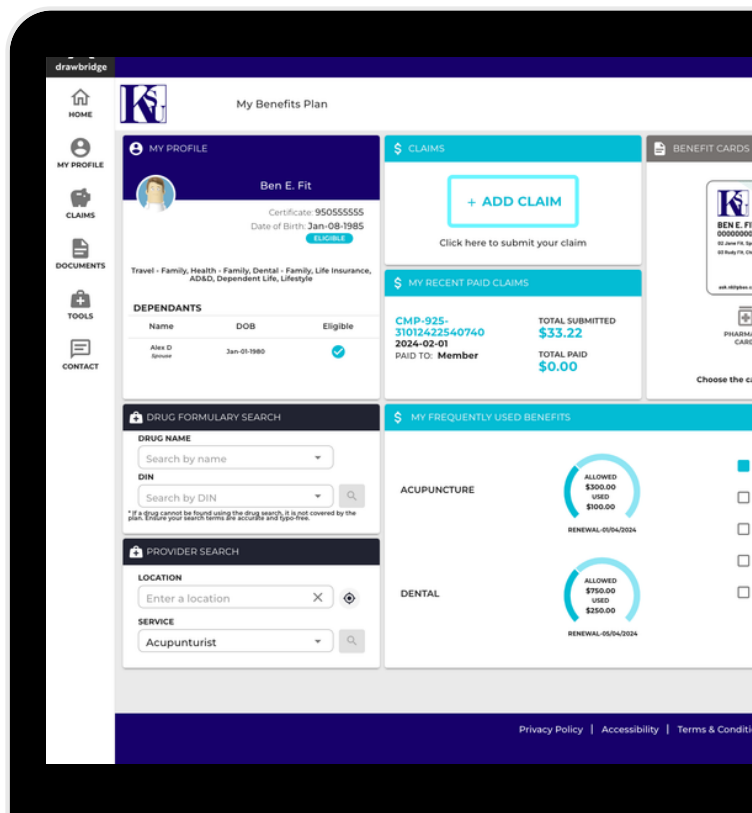
Can I view my claims and payments on the website?

Claim history is available on the website, and updated daily, so that you will always have the most current information regarding your submitted claims.

You have the option to print the explanation of benefits (EOB) for any claim that has been processed. The EOB outlines claim information, and payments made by your plan. Having this information easily accessible will make it easier for you to submit the information to any alternative insurance you may have, or provide you the information you may require for income tax purposes.

How do I know when my benefit maximums have been reached?

You can view your benefit balances on **ksu.drawbridge.ca**. Once you have registered, you will have access to view the remaining balance of most benefits. This option is particularly helpful when you have repeat treatments for a specific benefit type.





Submitting a Claim

How long do I have to submit a claim?

Claims must be submitted within **six months** of the date of service. If the plan terminates, claims must be submitted within three months from the termination date of the plan. Legal action to recover benefits must begin within two years of the date of service.

Can claims be paid directly to my provider?

In the event that your provider does not submit claims electronically, your plan allows you to assign your benefit to your provider. When the provider is manually submitting a claim on your behalf, a health claim must include an Assignment of Benefits form, (found on studentbenefits.ca or in your plan member portal **ksu.drawbridge.ca**), an invoice, and a doctor's referral (if required). A dental claim requires a standard dental claim form, issued by your dental office, of which both parties have signed.

You must view and sign the claim to ensure accuracy before the claim is submitted. When you assign your benefits to a provider, the explanation of benefits is mailed to the provider only, however, your copy can be obtained online in your Claim History.

You are responsible to ensure that you are eligible for coverage on the date of your treatment. No amount will be paid if your coverage is not in effect at the time of treatment.

Remember that all benefits have limits, and not all providers will accept direct billing. You should ask your provider if they will direct bill before starting treatment.

What if I have more than one plan?

In the case of a claim for you, the student, this plan is the first payer and the dependant coverage available through your other plan is the second payer. In the case of your spouse's claim, this plan is the second payer if they have their own plan.

For dependant children, claims are submitted first to the benefit plan for the parent whose birthday (month and day) occurs earlier in the calendar year, regardless of age.

Following the reimbursement from the first payer, copies of the receipts and the explanation of benefits can then be submitted to the secondary plan so that the balance can be considered for payment.

How do I submit a claim?

While the online claim submission has proven to be the most efficient way to submit claims for reimbursement, you can also submit your claims by mail, email, or fax, for review. Remember to complete each section of the claim form in full.

- For health claims, send us a completed claim form, available online at studentbenefits.ca, along with your receipts and any required referrals.
- For dental claims, a Standard Dental Claim Form can be obtained from your dental office.

All benefits are paid on a reimbursement basis. Send a scanned copy, or the original signed copy, to:

The PBAS Group
110-61 International Blvd
Toronto, ON M9W 6K4
Email: studentbenefits@pbas.ca



ksu.drawbridge.ca

The PBAS Group
110-61 International Blvd
Toronto, ON M9W 6K4

1 (888) 404-6623
studentbenefits@pbas.ca



studentbenefits.ca