

This message is sent on behalf of Benefits, Human Resources

Dear Members of the McGill Supplemental Health Plan,

We are pleased to announce that **effective July 1, 2021**, the following improvements will be made to the Supplemental Health Plan without any changes to the 2021 premium rates.

1. Expanded Coverage of Mental Health Services

In order to better support you and your eligible dependents the services of licensed Psychotherapists and licensed Marriage and Family Therapists will be included under health practitioners/psychological services (along with the previously included licenced Psychologists and Social Workers). Furthermore, the combined maximum for psychological services will increase to \$2,000 per covered person per benefit year (previously \$1,000). Please see Section 4 below for important information on submitting these claims.

2. Modification of Coverage for Anti-Obesity Drugs

Coverage will be modified to include all anti-obesity drugs, with the same lifetime maximum of \$2,400.

3. Additional resources

In addition to the changes mentioned above, McGill offers a wide range of resources to support you and your eligible dependents on mental, nutritional and physical well-being.

MENTAL, NUTRITIONAL & PHYSICAL WELLNESS RESOURCES		
OFFERED BY	SERVICE	DETAILS
BENEFITS, HR	Health and Well-Being Resources	Resources regarding mental health , nutrition information , and physical well-being
EFAP	Employee and Family Assistance Program services (EFAP)	Short-term counselling (6 sessions per issue).
EFAP	Nutritional Services with Registered Dietician	3 sessions: 1st session: 1 hour, 2nd session: 30 minutes, 3rd session: 30 minutes
EFAP	Health Coaching	3 sessions: 1st session: 1 hour, 2nd session: 30 minutes, 3rd session: 30 minutes
EFAP	LifeWorks	View this online wellness platform for additional resources including: <ul style="list-style-type: none">• Resources and tools to support mental health• Additional support and resources in the Health section under Health Habits/Diet and Nutrition• Complete the Physical Health Assessment on LifeWorks and receive recommended resources such as toolkits and articles on improving your physical health.
SUPPLEMENTAL HEALTH PLAN	Licensed Dieticians	<ul style="list-style-type: none">• 80% of eligible expenses for the services performed by a licensed Dietician up to a combined maximum (with other health

		practitioners) of \$300 per person per benefit year.
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4. Submitting claims

Please note that the expanded coverage for psychological services has no retroactive effect. This means that expenses incurred prior to July 1, 2021, for Psychotherapists and Marriage and Family Therapists will not be reimbursed. If you have already reached the current combined maximum of \$1,000 this year for the services of a psychologist or a social worker, you will be able to submit claims for fees incurred after July 1, 2021, to attain the new combined maximum of \$2,000 for the remainder of the year.

When submitting claims for health practitioners' services to Manulife, please ensure that the professional consulted is registered with their respective professional order and that their license number clearly appears on the receipt they provide you. Please note that services of therapists practicing under the supervision of a licensed therapist are not covered.

We encourage you to submit claims [online](#) through Manulife's website, or through the Manulife [Mobile App](#) as digital submissions are processed and reimbursed quickly and are more environmentally friendly. For further instructions, visit the Claims Submission tab [here](#).

Don't Forget! Claims for health and dental expenses incurred in 2020 must be **submitted to Manulife by June 30, 2021**.

Visit the Benefits Human Resources webpage for more information about the [Supplemental Health Plan](#)

For questions regarding these changes please contact hrhr@mcgill.ca
