

What are your Student Health & Dental Benefits?

Prescription Drug, Extended Health, Dental, Accident and Travel coverage that fills the gaps in your provincial health care. Built specifically for you by the Trent Central Student Association.

Who is covered?

All Trent University Peterborough and Durham September and January start Undergraduate students, as well as all Graduate, George Brown Nursing, and ESL students, under the age of 70, are automatically enrolled and covered under this plan. You must be covered under a provincial health plan or an OHIP equivalent plan to access these benefits

**Those studying abroad may not automatically be enrolled, but have the option of opting in. Contact the TCSA office in the month in which you start your studies to opt-in.*

Please note that there are eligibility exceptions.
Visit: studentvip.ca/TRENT

Can I Opt-out?

If you have alternative coverage through an employer or your parents, you can opt-out of the Trent Student Benefits plan. All opt-outs must be done online at studentvip.ca/TRENT during the term in which you start your academic year. Refunds will be e-transferred to you.

Can I add Family or Opt-In?

Eligible dependants (spouse and/or children) may be added to the plan at an additional cost. They must be added during the designated opt-in period. Students who are not automatically charged the fee for the Student Benefits Plan may opt-in during the designated period as well.

When can I Opt-In/Out?

Fall Opt-In/Opt-Out: September 1 - September 30, 2025

Winter Opt-In/Opt-Out: January 1 - January 31, 2026



I.M. Well

I.M. Well is a free mental health and wellness program available 24/7 across Canada for Trent students and their dependants.

I.M. Well includes counselling, nutritional and financial coaching, legal advice, cognitive behavioural therapy and more. Counselling is available in over 180 languages.

Connect with I.M. Well through live-chat, video-chat and telephone via the I.M. Well mobile app or directly by calling 1-833-398-9040.

Use the QR Code below to
Download Now



studentvip.ca/TRENT



Your Student Health & Dental Benefits

HEALTH & DENTAL BENEFITS BY MEDAVIE BLUE CROSS™

POLICY YEAR: 2025-2026

POLICY NUMBER: 0091940000
POWERED BY:



info@studentvip.ca



Peterborough

705-748-1000

benefits@trentcentral.ca

Trent Central Students' Association
Student Centre, 2.15



1-888-918-5056



Oshawa

905-435-5102 x 5058

admin@mytdsa.ca

Trent Durham Students' Association
55 Thornton Road South,
Room 122

studentvip.ca/TRENT

Need Help? Use the Live Chat feature on our website



studentVIP



Get your money faster!

Download the **FREE** Medavie Mobile App today!

- Submit claims
- Check your account balance
- Find a health professional
- Add Direct Deposit information for immediate reimbursement



Dental Coverage

Your Benefits give you plenty of reasons to smile. Your coverage includes exams, cleanings, fillings, root canal therapy, extractions, anesthesia, and more!

For direct billing, make sure you have your benefits card with you.

Travel Coverage

Your Health & Dental Plan provides up to 365 days of worldwide medical coverage. Explore your plan, so you can explore the world with peace of mind.

YOUR BENEFITS CARD IS WITH YOU WHEREVER YOU GO!

Scan the QR code to download your Health & Dental Benefits card to your Apple or Google Wallet.



Your Student Health & Dental Plan Highlights

For complete benefits information, visit studentvip.ca/TRENT

PRESCRIPTION MEDICATION		
Drug Maximum of \$3,000/Benefit Year/Insured		
	Generic Medication	Brand Medication
Direct2U Prescriptions	100%	80%
Dispensing Fee: 100% up to \$7		
Other Pharmacies	70%	60%
Dispensing Fee: 100% up to \$5		

PRACTITIONER COVERAGE		
Psychologist, Psychotherapist, Social Worker (MSW), Speech Therapist*		\$400/Visit \$1,000 Combined/Benefit Year *\$500/Benefit Year for Speech Therapist
Chiropractor, Registered Massage Therapist		\$40/Visit \$300 Combined/Benefit Year
Acupuncturist, Dietitian, Naturopath	80%	\$40/Visit \$300 Combined/Benefit Year
Chiropodist, Podiatrist		\$40/Visit \$300 Combined/Benefit Year
Athletic Therapist, Physiotherapist		\$40/Visit \$300 Combined/Benefit Year
Orthotic Appliances	100%	\$300/Benefit Year

VISION COVERAGE		
Contacts, Frames, Lenses	80%	\$250/24 Months
Eye Exams		\$80/24 Months
Maximum \$10,000/Benefit Year/Insured for Prescription Drugs, Extended Health and Vision care		

DENTAL COVERAGE		
Dental Maximum of \$1,000/Benefit Year/Insured		
Examinations, Preventative, Radiographs Cleanings, X-Rays	80%	Recall Exams - 1 Exam/12 Months
Minor Restorative Fillings	80%	
Major Restorative Crowns	40%	
Denture Services	15%	
Endodontics Root Canal Therapy	25%	Scaling in excess of 2 Units covered at 50%, Maximum of 8 Units/Benefit Year
Periodontics Excess Scaling		
Extractions Removal of Teeth	50%	See policy details for limitations
Anesthesia	25%	

ACCIDENT & LIFE COVERAGE		
\$7,500 Maximum/Benefit Year/Insured		

TRAVEL COVERAGE		
365 Days*, \$2 Million/Incident, Lost Baggage Coverage \$500/Insured/Trip, Trip Cancellation Coverage \$5,000/Insured/Trip *If provincial health care or private insurance (international students) is in force for entire trip duration		



Explore a suite of virtual health & wellness services available across Canada.

Visit the Direct2U Virtual Health Hub today.

Prescription Delivery



Your health benefits make it easy, quick, and in some cases, FREE to get your prescription medication.

By using Direct2U Prescriptions, you can take advantage of 80-100% drug coverage.

DRUG COVERAGE:

Direct2U Prescriptions	80-100%
Other Pharmacies	60-70%

* Percentages are up to the lowest cost in their respective category.

Where can I use my health plan?

Find providers in your area that offer student discounts using the Provider Search Tool. Visit studentvip.ca/TRENT and choose your location and desired service.

Your coverage works all across Canada!

WANT MORE INFORMATION ABOUT YOUR COVERAGE?



Scan the QR Code to learn more details about your coverage, or talk to our plan experts.

Only health, dental & accident costs incurred in Canada are eligible for coverage.

This is a summary of coverage only. Additional information is available in the policy found online, including limits and exclusions.