

P & B Times

News from the Pension & Benefits Office (askpb@yorku.ca)

October 2015 – ISSUE 34

Yes Sun Life can do that!!!

The Pension & Benefits office often receives calls or emails regarding auditing procedures at Sun Life. Sun Life may contact your provider and ask for clinical notes or to confirm the service took place. Sun Life will not share any medical information with the Pension & Benefits office.

If you have any questions regarding your benefits coverage, contact Sun Life at 1-800-361-6212.



Reminders:

Delisted Service Providers – Sun Life

Sun Life publishes a list of delisted service providers. In order to protect against increased costs due to questionable claims, Sun Life will disallow claims from certain healthcare service providers, clinics, facilities, or medical suppliers. It is extremely important you keep up to date with this information so that you do not end up with a claim that will not be paid.

Sun Life Mobile with photo submission

Plan members can submit a range of claim documents through my Sun Life Mobile – and it's as simple as snapping a photo. With over one million claims already submitted through my Sun Life Mobile, plan members love the ease and convenience of this app. It will now be even easier by enabling members to submit even more types of claims on their smartphones.

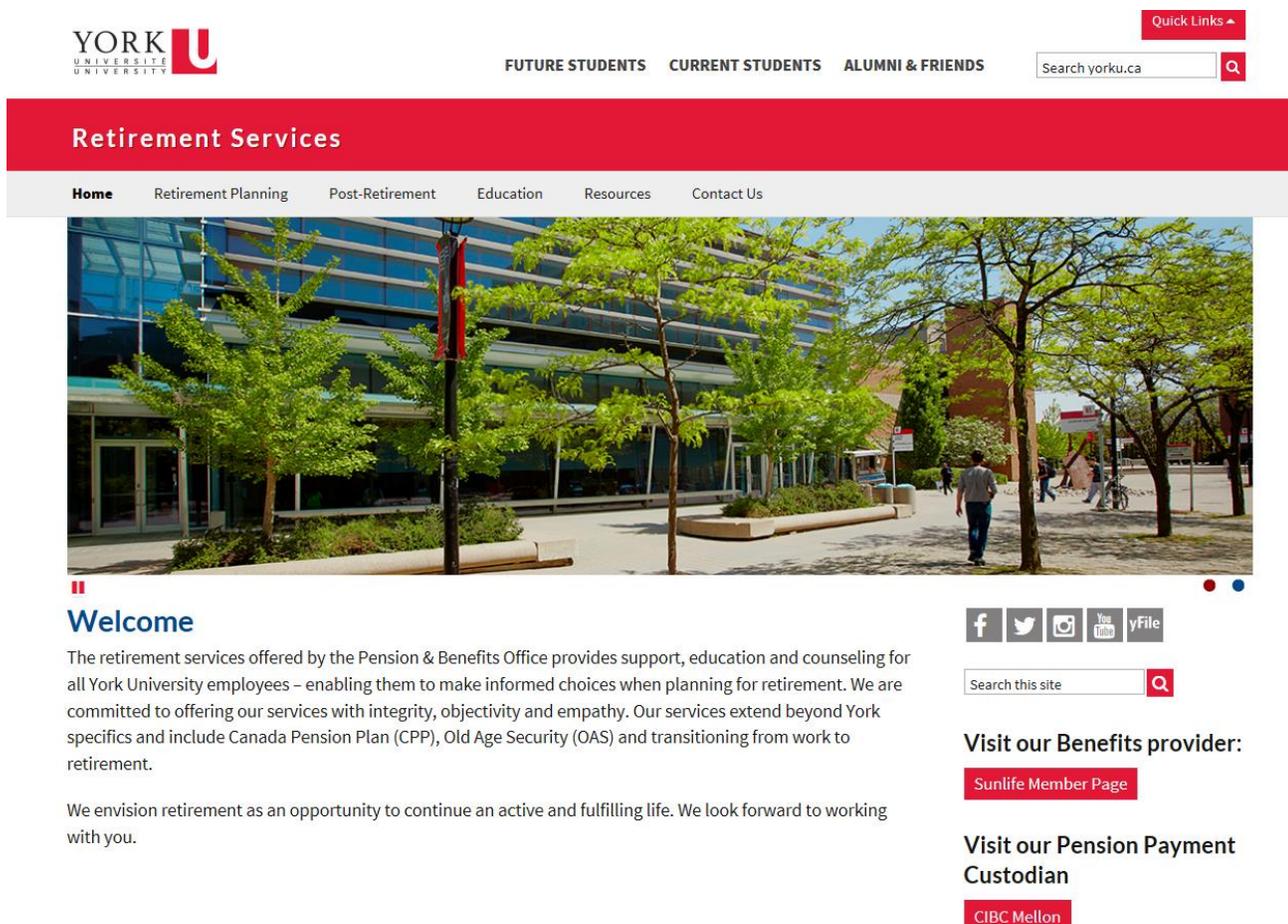
Download my Sun Life Mobile App for iPhone , BlackBerry and Android devices:



Announcing a New Website for Retirement Services...

Pension & Benefits is excited to announce a new website that has been created to aid members of the community in fast, easy retrieval of vital information for planning, retiring and information needed after retirement. It is important that all community members recognize that this information is **not** just for members of our community who may be close or approaching retirement age. Information on this site is relevant to members of all ages, whether you are in your 20's 30's 40's or 50's. Take a moment to click on the link and check it out. If you have any comments please email askpb@yorku.ca

The link for the site is <http://retire.info.yorku.ca>



YORK UNIVERSITY

Quick Links

FUTURE STUDENTS **CURRENT STUDENTS** **ALUMNI & FRIENDS**

Search yorku.ca

Retirement Services

Home Retirement Planning Post-Retirement Education Resources Contact Us

Welcome

The retirement services offered by the Pension & Benefits Office provides support, education and counseling for all York University employees – enabling them to make informed choices when planning for retirement. We are committed to offering our services with integrity, objectivity and empathy. Our services extend beyond York specifics and include Canada Pension Plan (CPP), Old Age Security (OAS) and transitioning from work to retirement.

We envision retirement as an opportunity to continue an active and fulfilling life. We look forward to working with you.

Visit our Benefits provider:
Sunlife Member Page

Visit our Pension Payment Custodian:
CIBC Mellon

The Retirement Planning Centre website <http://yorku.ca/retire> has been replaced by this website.

Year End is fast approaching...

With the Pension & Benefits office gearing up for year end there are a few things we want to remind you of...

- Go to HR Self-Serve to check
 - Your home address – if incorrect you may update it through HR Self Serve
 - Dependents and Beneficiaries – if updating required forms can be found on yu link or the Pension & Benefits website – please be sure to include the relevant documentation
 - Marital Status – email askpb@yorku.ca – note we may require documentation

- Sun Life Benefit Claims Submitted
 - Active Members need to submit claims within 15 months of the service
 - Members who terminate or retire need to submit claims within 90 days of change of status (for example if you retire October 1 you have until December 31 to submit claims incurred while active)

Upcoming Seminars...

Please note handouts will NOT be provided at the seminar. They will be posted on the website at <http://retire.info.yorku.ca> two to three days in advance of the presentation. Please go to the website and click on Education, Seminar Slides ahead of time and either download a copy to your tablet or smartphone or print a copy to bring with you to the presentation.

Upcoming Seminars – October 2015

Navigating the Health Care System

To register: <https://hr.apps01.yorku.ca/machform/view.php?id=27913>

Session Three: When Independence is No Longer an Option – Finding Your Way Through the Maze of Long-Term Care (Tuesday, October 27, 2015, 12 pm – 1 pm)

Topics include

- ◆ When is independence no longer an option? – factors for consideration. From assisted living to long-term care facilities – what's out there
- ◆ Assessing suitability of new habitats – what to ask, what to look for
- ◆ Financial considerations – somebody has to pay for it
- ◆ End of life care – making last days comfortable

Session Four: What is a Health Advocate and Why Do You Need One? – Tools for Empowering Yourself and Others in Accessing Health Care

(Tuesday, November 3, 2015, 12 pm – 1 pm)

Topics include:

- ◆ Health advocate, patient advocate, health system navigator – what’s in a title
- ◆ How health advocates can help – accessing care and system navigation
- ◆ Do I find a volunteer advocate, hire one, or become one? – pros and cons
- ◆ Becoming a health advocate for yourself and others – the basic how-to’s

Upcoming Seminars – November 2015

Fraud Prevention - AWARENESS IS THE KEY TO SECURITY

To register: <https://hr.apps01.yorku.ca/machform/view.php?id=41913>

Detective Gail Regan will join us for a conversation on methods to prevent fraud, touching on the topics listed below:

- ◆ Identity theft
- ◆ Telemarketing Scams
- ◆ Grandparent Scams
- ◆ Romance Scams
- ◆ Canada Revenue Scams



When: November 24, 2015 12 pm – 1 pm

***Presenter:** Detective Gail Regan, Financial Crimes Unit, Toronto Police Service*

Gail's career in policing has spanned over 25 years working in both a uniform and an investigative capacity.

Areas of highlights includes such experiences as:

- primary and community response unit*
- public safety unit*
- criminal investigative bureau*
- youth bureau and*
- Sex Crimes Unit*

Gail has reached her passion in policing currently working at the Financial Crimes Unit - Corporate Crimes Section and has been so for the past 8 years.

Gail, currently co-host a monthly online social media chat on twitter known as fraud chat, as well as co-moderate a social media working group with the Financial Services Commission of Ontario.

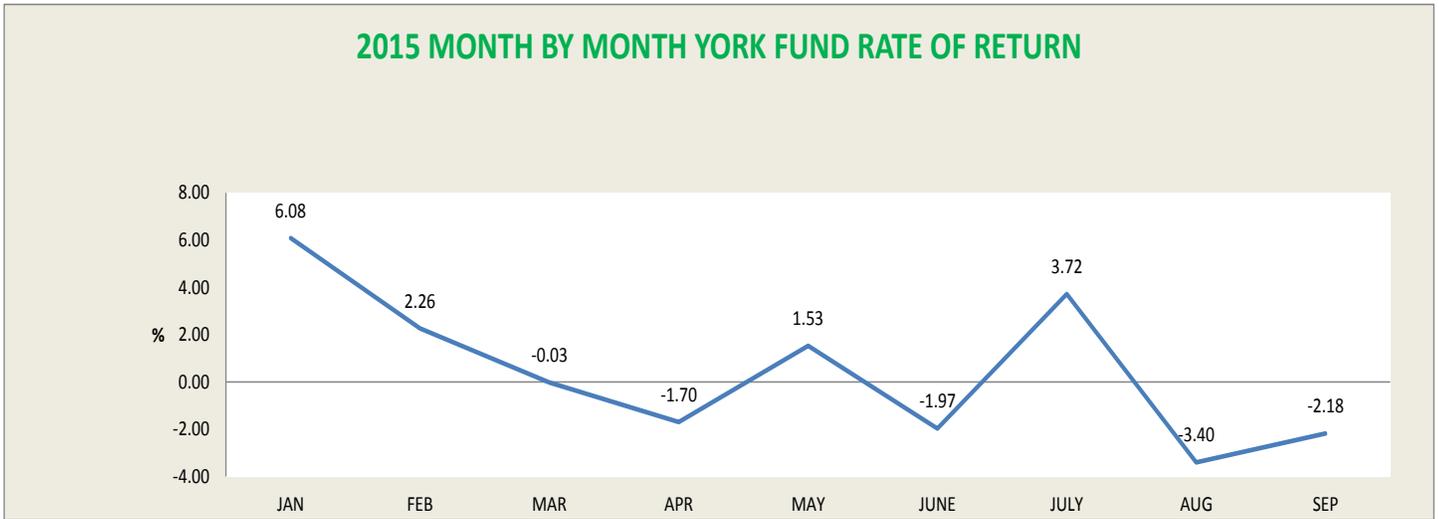
To review all scheduled seminar presentations, or to obtain more information about this seminar, please go to the YELC website at: <http://www.yorku.ca/yelc/>

Retirement Planning is important and we continue to bring you educational seminars and workshops around common themes of retirement. The areas of interest include information on the pension & benefits here at York, as well as financial issues beyond York. We also cover health and lifestyle issues. The seminars and workshops we offer are posted in the P&B Times and in the York Employee Learning Calendar (YELC). We request that you register for seminars and workshops by clicking on the links provided, or on the website at yorku.ca/retire or through YELC.

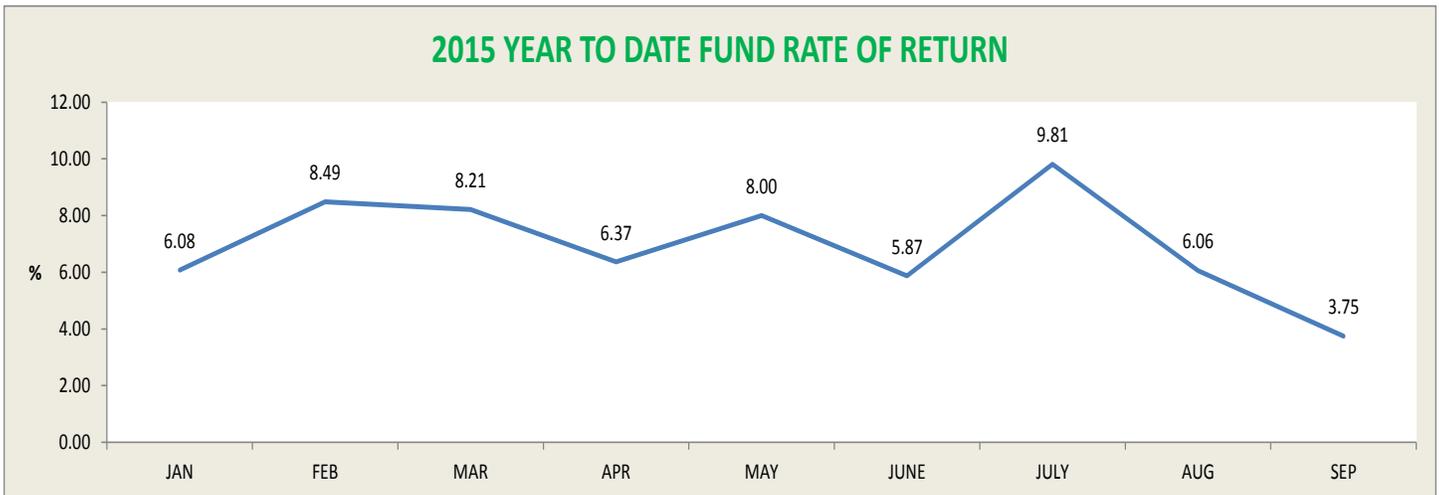
The York University Pension Plan

York Fund Rate of Return

The monthly York Fund Rate of Return for the month of September was -2.18%.



As a result of the negative return in September, the year to date return fell from 6.06% to 3.75%.



Contact List

How to contact the Pension & Benefits office:

Email us at askpb@yorku.ca



Call us at 416-736-2100 extension 27572 between 9:00 am and 4:00 pm Monday to Friday



- For Fridays from June 1 up to and including Labour Day weekend the phones will be answered until 3:00
- **Please have your employee ID number available when you call.**

For:	Contact:
Courses covered by Tuition Fee Waiver	sfs.yorku.ca/fees/waivers/
Employee Perks	http://advancement.yorku.ca/get-involved/affinity-partnerships/
Personal Expense Reimbursement	Finance Department (416) 736-5661
T4'S (Active Employees)	Payroll Department, Extension 5552
Retiree questions re T4A's, monthly pension cheques, taxes, changes in banking information	CIBC Mellon 1-800-565-0479 Extension 0
Address Changes - Active Employees	Employee Records, Human Resources
Vacation, Sick Leaves, Personal Credits	Refer to your department, collective agreement or Standard Operating Procedures
Employment Letter	Email requests to: cogsweb@yorku.ca
RRSP Limits	Canada Revenue Agency 1-800-267-6999
Benefits (health, dental, vision) questions, claim denials	SunLife 1-800-361-6212 (Contract #014098)
Pension Estimates	Run pension estimates at: https://www.yorku-ret.ca/
Investment advice (i.e. which pension option is the best for me, should I transfer my RRSP's to the York Pension Plan etc)	A qualified financial advisor

Here are some websites you can access to gain more information:

- Sun Life's Plan Member Services: sunlife.ca/member
- York's Retirement Services: retire.info.yorku.ca
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- York University Retirement Planner: yorku-ret.ca
- York's HR Self Service: hrselfserve.yorku.ca

This newsletter is designed to present York employees, former employees and retirees with useful general information pertaining to their pension & benefits. Please keep in mind that as this newsletter is distributed to different groups with different entitlements, all articles may not pertain to you and your situation. *In the event the information contained herein conflicts with the applicable contract, policy or guideline, the terms of the contract, policy or guideline will prevail.*
