



Benefits – Active/Retired – How to find out what you are covered for

PENSION & BENEFITS

YORK 

Pension & Benefits Website

<https://retire.info.yorku.ca/>

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Welcome

The Pension & Benefits Office provides support and education for all York University employees - enabling them to make informed choices regarding all aspects affecting their pension and benefits during their employment, and when planning for retirement. We are committed to offering our services with integrity, confidentiality and objectivity. Our services extend beyond York specifics and include Canada Pension Plan (CPP), Old Age Security (OAS) and transitioning from work to retirement.

Seminars and educational presentations are an important part of our offerings in Pension & Benefits. We have licensed financial advisors and other experts in their field join us to provide you with information regarding pension, benefits and a host of other related topics. We do not provide them with any personal information. They are here to inform, not to solicit your business. Should you wish to contact one of our presenters or any other financial advisor we leave that up to you.

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Post-Retirement Benefits Booklets

- [CPM Retiree \(PDF\)](#)
- [CUPE 3903 - Unit 2 \(Retired\) Health Care Spending Account \(PDF\)](#)
- [CUPE 1356-1 Retiree \(PDF\)](#)
- [CUPE 1356 Retiree \(PDF\)](#)
- [IUOE Retiree \(PDF\)](#)
- [OPSEU/YUELI \(PDF\)](#)
- [Osgoode Retiree Prior to May 1, 2017 \(PDF\)](#)
- [Osgoode Retiree Post May 1, 2017 \(PDF\)](#)
- [YUFA Retiree Prior to May 1, 2016 \(PDF\)](#)
- [YUFA Retiree Post May 1, 2016 \(PDF\)](#)
- [YUSA Retiree \(PDF\)](#)

Active Benefits Booklets

- [CPM Active \(PDF\)](#)
- [CUPE 3903 Unit 1, 2, 3 and 4 \(PDF\)](#)
- [CUPE 1356-1 \(PDF\)](#)
- [CUPE 1356 \(PDF\)](#)
- [IUOE \(PDF\)](#)
- [OPSEU/YUELI \(PDF\)](#)
- [Osgoode \(PDF\)](#)
- [Post Doc Fellow hired on or after September 2014 \(PDF\)](#)
- [Post Doc Fellow hired prior to September 2014 \(PDF\)](#)
- [Post Doc Visitor \(PDF\)](#)
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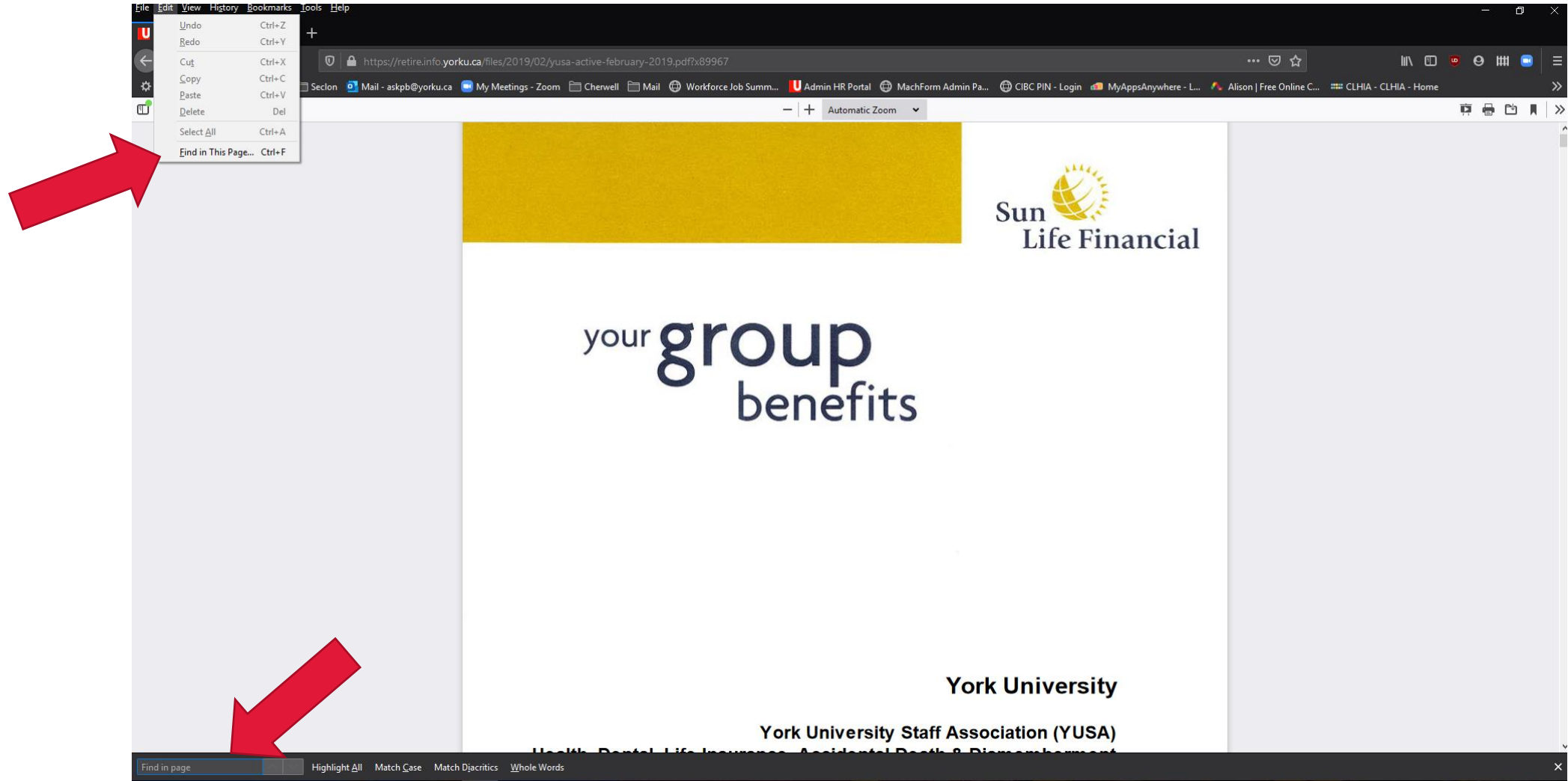
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Searching a Benefits Booklet



Pension & Benefits Education

Education Tab on our Web Page

- Recorded Seminars
- Recorded Webinars
- Slides from previous presentations
- Registration for our upcoming Seminars through York Employee Learning Calendar (YELC)

Resources Tab on our Web Page

- P&B Times
- External Publications
- Sun Life Claim Forms

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<https://www.sunlife.ca/en/support/sign-in-help/my-sun-life/>

my Sun Life

▾ Benefits

Lumino Provider Search

It's easier than ever to find the right health-care solution for you.

1. Book appointments online
2. Connect with providers who have the  Virtual visits icon
3. View your favourite providers info all in one place



Find a health-care provider that's right for you.

Browse by specialty Search by name

Near:

Select a specialty:

 My favourites (4)

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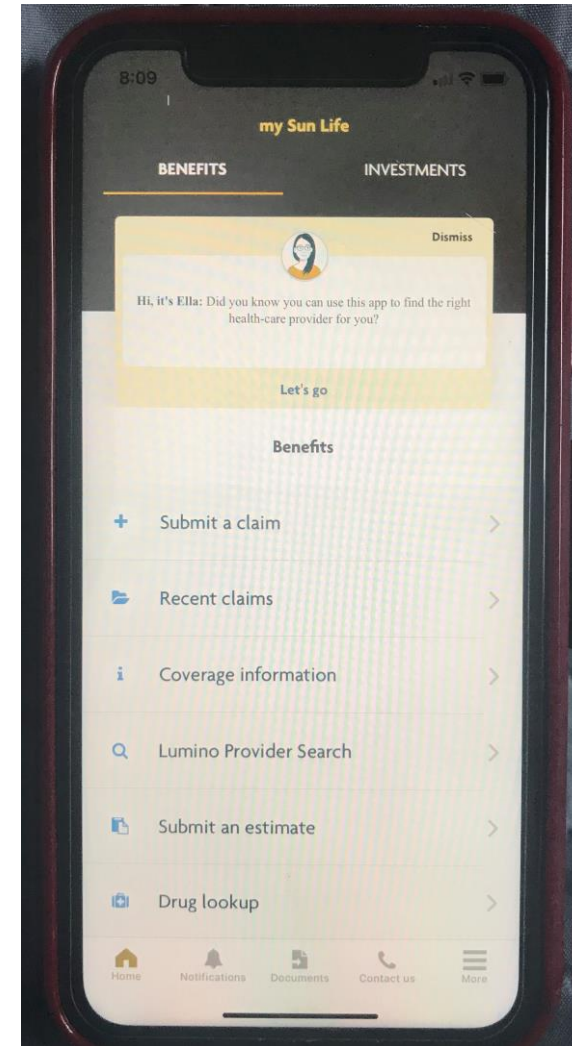


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[Lumino Health Centre](#)

Sun Life Mobile App



Sun Life Contact Information

Policy Number: 014098

SunLife phone number: 1-800-361-6212

SunLife online claims website: <https://www.sunnet.sunlife.com/signin/mysunlife/home.wca?>

SunLife mobile app: https://www.sunlife.ca/ca/Customer+support/Download+our+app?vgnLocale=en_CA

HR Self Serve – Benefits and Beneficiaries

Employee Self Service

Personal Details



Payroll and Compensation



Last Pay Date

Benefits



Training Profile



Absence and Time

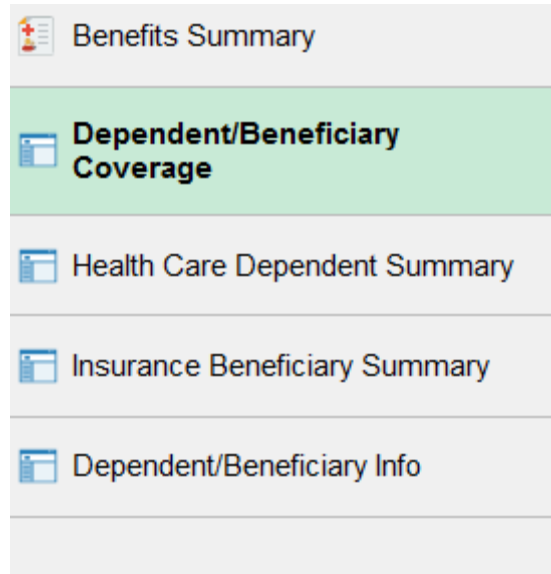


Manage Delegation



HR Self Serve – Benefits and Beneficiaries

Note: You are unable to change your information through HR Self Serve. You need to use the Pension & Benefits Portal or forms.



The Pension & Benefits Office

- All documentation should be sent electronically to askpb@yorku.ca for the fastest processing
Documents can be mailed through Canada Post as we are in the office every two weeks for processing of mail and/or cheques therefore there will be delays in processing
- We can be reached by phone or email
416-736-2100 x27572 (askpb) or askpb@yorku.ca
Our phones are answered between 9 am and 4 pm. If you do not reach us and receive our voicemail, please note that we will return your call within 24 hours.
- We can also be reached through our portal at <https://askpb.yorku.ca/cherwellportal/pbmain#0>
- Our website also has a great deal of information at <https://retire.info.yorku.ca/>
- Great information as well as our service standards can be found in our monthly publication **The P&B Times**
<https://retire.info.yorku.ca/resources/p-b-times/>