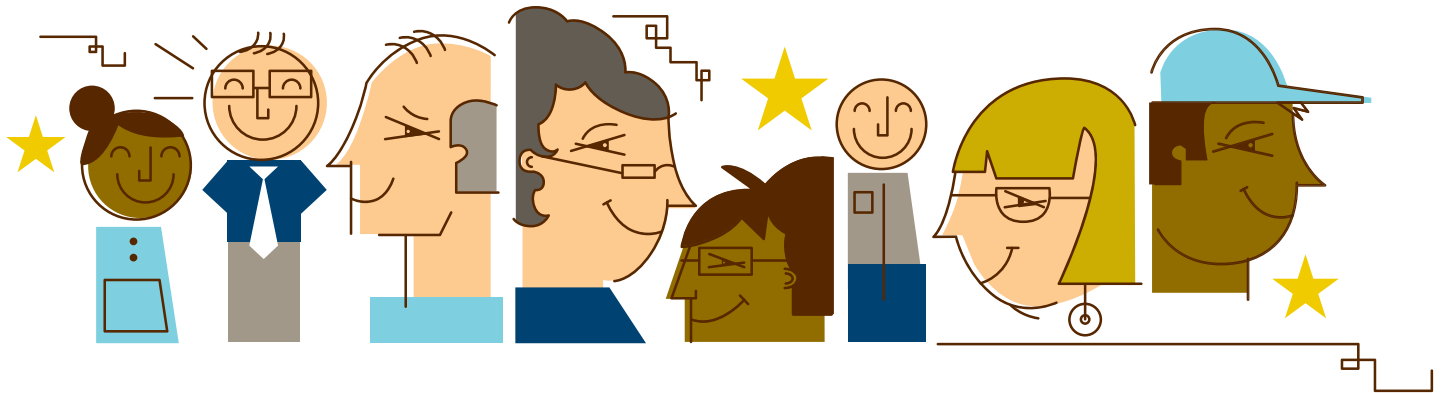


# MORE THAN JUST BENEFITS



With a focus on improving the overall health of our covered members, ASEBP strives to be the recognized leader for Alberta's K-12 education sector in providing comprehensive health benefits and related services.

## WHO WE ARE

The Alberta School Employee Benefit Plan (ASEBP) was formed over 45 years ago to serve Alberta's K-12 education sector. ASEBP is a health and welfare trust governed by ten Trustees, five appointed by the Alberta School Boards Association and five appointed by the Alberta Teachers' Association. The ASEBP Trustees do what is best for covered members as a group, balancing benefit coverage and cost. This is achieved, in part, by ensuring any surplus is reinvested into the Plan to improve benefits and services, to set the lowest possible premium rates, and to create financial reserves that will further strengthen the plan. This unique governance structure is one of the many aspects that separate us from other insurance companies and benefit carriers.

Our goal of providing service excellence to our members is only achieved through positive partnerships with leaders and support staff of the school jurisdictions, various associations and union representatives.

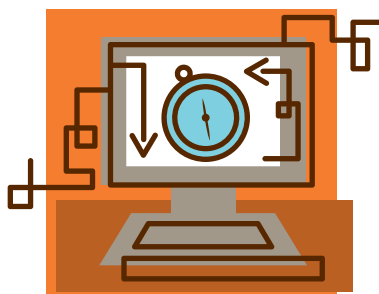
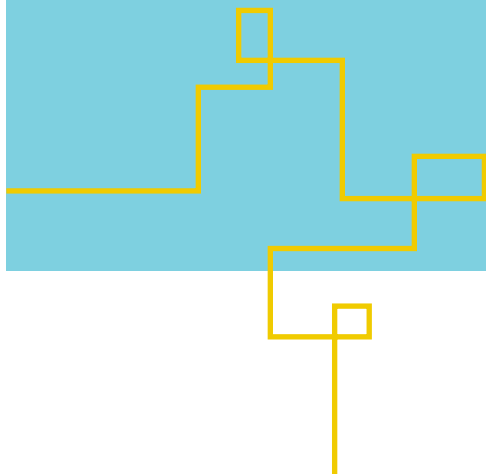
So, what does all this mean for you? It means that you receive a truly unique experience with benefit offerings and programs to match. We understand and respect the unique needs of the public education sector and are best equipped to meet them. It also means that we listen to what you have to say. When you share your ideas with us, we truly see it as an opportunity to continue to grow and improve the overall ASEBP experience for covered members and school jurisdictions. Because in the end, it's all about you!

## FOCUS ON HEALTH

While we may be a benefits provider, we're so much more than that. We're a health organization; one that's committed to fostering healthy lifestyles and healthy workplaces for our covered members.

We offer a variety of programs and services that help build capacity at the individual level to sustain and enhance overall health and well-being in the K-12 education sector. Through our information resources, mentoring initiatives, focused strategic direction and partnerships, we are committed to helping covered members improve, maintain and enhance their health as they travel along their health journey.

Healthy behaviours equal healthy role models. We believe that by improving the health of educational staff, we are also contributing to the health of students, in turn improving their educational experience.



## SERVING YOU

Our commitment to covered members and school jurisdictions also extends to the customer service provided through our various touch points. Whether you're sending us an email, giving us a call or visiting our office in person, we strive to provide you with the best possible service experience.

The Benefit Services team is the primary point of contact for all covered members and school jurisdictions, providing accurate information about our comprehensive benefit coverage and helping covered members navigate their benefit plan.

The Disability Services and Early Intervention teams takes a proactive, holistic approach to promoting, maintaining and achieving health, wellness and quality of life. By bringing together the employer, the employee representative and health care professionals, they are able to fully support an employee who is absent due to illness or injury through recovery and safe return to work.

The Prevention Services team offers proactive programs and services that assess and make recommendations to support individual and/or school jurisdiction health.

## ACCESSING YOUR BENEFITS

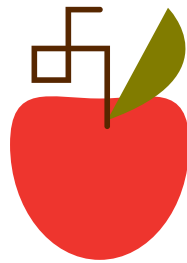
Accessing your benefits has never been easier! Through My ASEBP, our online benefit portal, you can now manage your benefits with a few clicks of your mouse.

My ASEBP provides you with access to a variety of self-serve features, such as requesting or printing your ASEBP ID card, updating your banking information, and Health Spending Account management (if applicable). You can also view claims history and your coverage details.

If you haven't registered for an account, simply visit our website, [www.asebp.ab.ca](http://www.asebp.ab.ca), and click on the Register Now button and follow the steps to create an account.

We also have a mobile app for Apple and Android devices. ASEBP Mobile provides you with access to a number of My ASEBP's self-service features including, Health Spending Account management (if applicable) and claims history, and provides you with a digital version of your ASEBP ID card for easy on-the-go access. You can download ASEBP Mobile for free from iTunes or Google Play.





# APPLE A DAY

More information about your coverage can also be found on our website, [www.asebp.ab.ca](http://www.asebp.ab.ca), under the “Benefits and Services” tab. Select any of the coverage areas in the drop down menu. On the right side of the screen you will find an icon to “View the Online Guide.” Or, if you prefer, there is a link located below the icon to print the Benefit Handbook—just be sure to check back for updates to the Handbook throughout the year.

## APPLE-A-DAY

Apple-a-Day is a secure online health information resource available exclusively to you via My ASEBP. You will find a wealth of Canadian health resources including assessment tools and fitness and nutrition advice for you and your family.

Access the different health sections to look up medication information, research diseases and conditions, inquire about tests and procedures, and explore various health tools.

The medication library is a new feature that contains details on how medications work, the correct way to take them, when you shouldn't take them, possible side effects and important precautions and warnings about possible medication interactions.

The disease and condition section explores fact sheets on hundreds of diseases and conditions and highlights usable, authoritative information. Each easy-to-read fact sheet includes information about the causes of a condition and tips for prevention, symptoms and complications that may occur, and treatments and therapies available for a condition.

The test and procedure section is your resource for dozens of medical tests and procedures.

We encourage you to complete a health risk assessment. In just 20 minutes, this tool identifies your health risks and delivers your personal health report. In addition to getting an in-depth look at your health strengths and risks, you can learn more about how to take action to stay healthy. Lifestyle coaching is a feature that connects you to a fitness expert, dietitian or counsellor to help you set your goals, create an action plan and follow-up. Lifestyle coaching is a voluntary, short-term telephone-based program available to help improve your health.

## YOUR PLAN CHECKLIST

For your reference, the checked boxes indicate the coverage in which you are participating.

### Life Insurance

- Plan 2 – two times annual earnings to a maximum of \$600,000

### Accidental Death and Dismemberment

- Plan 2 – two times annual earnings to a maximum of \$600,000

### Extended Disability Benefits

- Plan D – 70% of monthly earnings to a maximum of \$17,500 and is a taxable benefit
- Plan E – 66 2/3% of the first \$2,500 of monthly earnings with 45% of the balance to a maximum benefit of \$11,792 and is a non-taxable benefit

### Employee & Family Assistance Program

- Available for you and your dependants. Services include counselling (marital, depression, etc.), Life Balance Solutions (advice on parenting, elder care, finances, career, etc.) and health coaching (smoking cessation, nutrition, etc.)

### Extended Health Care

- Plan 1 – 100% prescriptions least-cost alternative (LCA) and 100% all other eligible expenses to an unlimited overall maximum (see Benefit Handbook for individual provisions and maximums)
- Plan 2 – 80% prescriptions LCA (75% if no LCA available) and 100% all other eligible expenses to an unlimited overall maximum (see Benefit Handbook for individual provisions and maximums)
- Plan 5 – 90% prescriptions LCA and 100% all other eligible expenses to an unlimited overall maximum (see Benefit Handbook for individual provisions and maximums)

### Dental Care

- Plan 1 – 100% basic treatments to a \$1,500 calendar year maximum per person (see Benefit Handbook for individual provisions and maximums)
- Plan 2 – 100% basic & 50% major treatments to a combined \$2,500 calendar year maximum per person (see Benefit Handbook for individual provisions and maximums)
- Plan 3 – 100% basic & 60% major treatments. \$2,500 maximum for major treatments per calendar year per person (see Benefit Handbook for individual provisions and maximums); 60% orthodontic treatments to a lifetime maximum of \$3,000 per person

### Vision Care

- Plan 1 – 100% coverage to a \$150 maximum every 24 months from last date of service, eye exam included in that maximum up to \$50 every calendar year (see Benefit Handbook for individual provisions and maximums)
- Plan 2 – 100% coverage to a \$250 maximum every 24 months from last date of service, eye exam included in that maximum up to \$50 every calendar year (see Benefit Handbook for individual provisions and maximums)
- Plan 3 – 100% coverage to a \$350 maximum every 24 months from last date of service, eye exam included in that maximum up to \$50 every calendar year (see Benefit Handbook for individual provisions and maximums)

### Spending Accounts

Spending Accounts are individual member accounts that provide benefit dollars (credits) for you to use to meet your benefit needs.

- Health Spending Account
- Wellness Spending Account



## Contact ASEBP

If you have any questions, contact an ASEBP Benefit Specialist:

780-431-4786 in Edmonton  
 Toll-Free: 1-877-431-4786  
 Email: [benefits@asebp.ab.ca](mailto:benefits@asebp.ab.ca)  
 Website: [www.asebp.ab.ca](http://www.asebp.ab.ca)