

NSUPE Local 21 Bulletin

Custodial, Trades, Security and GTM Workers of Dalhousie University

August 25th, 2009

OCCUPATIONAL MEDICAL PLAN:

The Occupational Medical Plan has been improved. The maximum amount payable for any single incident has increased to \$35,000 from \$5000. You must file a report for your incident within 365 days, but as long as you continue to be a Dalhousie employee, there are no time limits to how long you can collect under the plan. You will be reimbursed for your workplace injury, up to \$35,000 for certain listed things like nursing, ambulances, prescription drugs, dental repairs, crutches, wheel chairs, hospital confinement, chiropractors, osteopaths, physiotherapists, podiatrists and so on. Physiotherapy will be managed between the Benefits Administrator in Resources and Medavie Blue Cross. You will no longer be capped to 10 visits.

EMPLOYEE and FAMILY ASSISTANCE PROGRAM:

All members have access to free, confidential counselling, from Blue Cross's *In Health Solutions* program. This program is confidential

and is a private organization from Dalhousie. If you feel you need counselling you can be sure that it will be confidential and that Dalhousie has no access to this information.

To reach the Employee and Family Assistance Program, call:

Tel # 1-866-347-2067

Online at: www.inconfidence.ca

They offer free counselling in nearly every kind of issue, including:

Well Being: Stress, Depression, Grief, Anger

Relationships and Family: Communication, Conflict, Abuse, Parenting

Financial Advice: Debt management, Bankruptcy, Warrants and Subpoenas

Child and Elder Care: Adoption, Child care, Maternity, Nursing homes

Workplace Challenges: Conflict, Performance, Career planning, Harassment, Work-life Balance

Addictions: Alcohol, Drugs, Tobacco, Gambling, Other addictions, Post recovery support

Nutrition: Weight management, high cholesterol and blood pressure, diabetes, heart disease, boosting energy and stress resilience

Health Care Advice: Flu, Fever, Vomiting, Tests, Medications, Health warnings.

NSUPE CONTACT INFO:

Business Agents/Lawyers:

**Nancy Elliott and Adam Panko
6309 Chebucto Road, Halifax, B3L 1K9
Ph: 422-6055 Fax: 429-7655**