Guide for Successful Transition to College and University
4th Edition
This guide is a compilation of alumni experiences and research by employees at Diabetes Hope Foundation. The information provided is designed to provide helpful information to the subjects discussed; specifically, for those youth with type 1 diabetes who are in the transition or pre-transition period to post-secondary education and adult-oriented care. This book is not meant to be used, nor should it be used, to diagnose or treat any medical condition. For diagnosis or treatment please consult a qualified medical professional.

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ACKNOWLEDGMENTS

Diabetes Hope Foundation would like to thank the following individuals/supporters for their involvement and participation in the development of this Transition Guide for College and University students living with diabetes.

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Special Thanks

Diabetes Hope Foundation acknowledges and thanks our committed sponsors who have made it possible for us to complete our 2016 Transition Guide.

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BMO Financial Group
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We would also like to thank Medtronic of Canada and Eli Lilly Canada for providing additional printing and French translation support to ensure that our guide is accessible to diabetes healthcare centres across Canada.
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Diabetes Hope Foundation

Diabetes Hope Foundation (DHF) was founded in 1999 by the current Chair, Barbara Pasternak, who has three children, two of whom live with type 1 insulin dependent diabetes. As her boys made their way through the health care system, Barbara became acutely aware of gaps in care for young adults with diabetes who are preparing for, or in the process of transitioning to post-secondary education and adult diabetes care.

Diabetes Hope Foundation was created to fill that gap, and support transitioning youth who are struggling with the financial and emotional challenges of living with a long-term chronic illness. All of Diabetes Hope Foundation’s community health programs have been supported and developed by the community with the goal of supporting this high need group to ensure that youth thrive and succeed beyond their diabetes.

1.0 Supporting Children & Youth with Diabetes

Since 1999, Diabetes Hope Foundation has invested over $9.5 million into communities across Canada to support families and youth living with diabetes. With support from the foundation’s families, friends, corporate and community partners, Diabetes Hope Foundation is able to continue to grow and develop programs that are responsive to the needs of today’s youth.

In 1999, the Diabetes Hope Scholarship Program was established to recognize youth in the community who have excelled in their academic achievements; demonstrated exceptional leadership skills and volunteerism in the community; and possess exemplary diabetes self-management practices. To date, 686 scholarships have been awarded to support students with diabetes to attend 106 post-secondary institutions globally; including 9 provinces in Canada, 10 US states, Australia, Britain, Ireland, Israel, Poland, Turkey, Scotland and Switzerland.

Each year, the foundation’s community health programs are supported by over 100 Scholarship Alumni Volunteers, contributing over 4,000 unpaid service hours to Alumni program activities, Transition programs, and Diabetes Youth Retreats each spring and fall. In addition to financial support, scholarship recipients are also matched with Alumni Volunteer Mentors through the foundation’s Alumni Mentorship Program (2011), providing them with a continuum of peer academic and diabetes support. To-date, 183 first year college and university students have been matched with Alumni Volunteer Mentors across 7 Canadian provinces and 3 US states.

Together the Scholarship and Mentorship Programs assist youth in successfully transitioning to post-secondary education and adult diabetes healthcare through financial assistance, and the development of a peer network of social support to ensure their health and success later in life.

2.0 Youth-in-Transition

In the context of diabetes healthcare, it is well documented that the pediatric to adult transition period for adolescents and young adults with diabetes is a ‘high risk’ period that can result in significant gaps in care (Topley, 2012).

During the transition from pediatric to adult diabetes care, 48% of adults drop out of the healthcare system, resulting in higher costs for emergency and hospital care, severe complications and higher risks of death (Scott et al. 2002).

The transition to post-secondary education is also a period of great anxiety for parents and caregivers of youth with diabetes. Through our own mid-term program evaluation surveys and anecdotal feedback from our healthcare partners, we know that secondary students with diabetes are not receiving adequate information and social support during their transition to post-secondary education.

In response to this growing need, Diabetes Hope Foundation has been actively working within our network of Scholarship Alumni to develop innovative community-based programs to provide better support for Youth-in-Transition.
3.0 Transition Programs for Type 1 Youth
In 2013, Diabetes Hope Foundation expanded its signature Scholarship and Alumni Mentorship Program to include pre-transition support programs specially developed for teens living with type 1 diabetes in their transition year. DHF’s transition programs provide one-on-one assessments, resources for students transitioning to post-secondary education, and information sessions for parents & teens.

Transition Resource Guide
In the summer of 2013, over 320 scholarship alumni were invited to participate in a brief online questionnaire developed by the Alumni Committee, in an attempt to document their collective transition experiences to post-secondary education. The responses from the questionnaires were integrated into the development of a Transition Resource Guide that was piloted in 2014 through the delivery of Transition workshops held in Markham, Ottawa, Toronto, Mississauga, London and Windsor in partnership with a select group of pediatric diabetes healthcare centers across Ontario.

The first edition of the guide featured fact sheets from 34 Canadian colleges and universities across 5 provinces in Canada. The schools that were selected to be profiled were based on the responses from our own alumni; and the guide was organized by colleges/universities, including tips and insights from our alumni to assist high school students with diabetes in their transition into post-secondary education.

Since the first edition, the guide has been expanded into a comprehensive national guide including fact sheets for 191 accredited colleges and universities across Canada. The current edition is the 4th update from the original ‘Guide for Successful Transition to Colleges and Universities,’ and provides a profile and review of diabetes supports across all post-secondary institutions in Canada.

How will the guide be used?

A) Curriculum Tool for the DHF Alumni Mentorship Program
The Transition Resource Guide was originally conceptualized and developed by our alumni as a resource for the program’s mentors to provide them with school specific information they could share with their mentees during the school year.

In the fall of 2014, the 1st edition of the Transition Resource Guide was piloted and integrated into the Alumni Mentorship Program’s curriculum to provide DHF scholarship recipients with more information about their rights and benefits as a student with diabetes, as well as empower them with more information about accessibility and healthcare programs across Canadian schools.

B) Digital Resource for all Transitioning Teens
For all other transitioning students or students with diabetes who are preparing for transition, the Transition Resource Guide is available on the foundation’s website as a downloadable digital resource. Please visit www.dhftransitionguide.com for more information.

C) Parent & Teen Pre-Transition Workshops & Webinars
The current version of the Transition Resource Guide has also been adapted into a series of Parent & Teen Pre-Transition Workshops that were piloted in the fall of 2014 across Southern Ontario. Each workshop was delivered in partnership with healthcare professionals across Ontario to reach out to youth ages 16 to 18 who are preparing to transition to adult diabetes care and post-secondary education. Since the pilot year, DHF has also adapted the Guide and workshop curriculum to launch a two-part webinar series in partnership with Diabetes Canada for parents and youth with diabetes.
The objectives of the workshops/webinars are to:

- Introduce workshop/webinar participants to peer mentors selected from Diabetes Hope Foundation’s alumni to answer any questions they may have about the transition;
- Provide parents and secondary students with more information about healthcare plans/programs across different schools and provinces in Canada;
- Help secondary students select top schools that would best meet the needs of their diabetes care while they are away at school;
- Provide secondary students with more information about their rights and benefits as a college or university student with diabetes in Canada; and
- Assist secondary students in developing Personal Prep Packages for transition to College & University.

Our workshops/webinars are hosted and led by our Scholarship Alumni Mentors, parents with youth living with type 1 diabetes, and diabetes healthcare professionals. To find a list of upcoming workshops and webinar sessions, please visit www.diabeteshopefoundation.com.

**What is Unique about our Transition Programs?**

Through the resource guide and pre-transition workshops, we are creating a dialogue about transition through a discussion about post-secondary education and accessibility rights of students with diabetes.

We are also focused on all levels of transition – (1) Transition to adult care (2) Transition to post-secondary education and (3) Transition to post-college life in the labor market.

Our goal is to bring teens, their parents, healthcare professionals, and our own Alumni Volunteer Mentors together to talk about transition. Through the workshops and webinar sessions, Diabetes Hope Foundation hopes to inspire peer-to-peer knowledge transfer among the youth; as well as provide support and alleviate anxieties for parents through increased networking opportunities with the adult healthcare team, other parents and the Foundation staff.

**Diabetes Support Programs in Canadian Schools**

The transition to post-secondary education is an incredible milestone in the life of a young adult living with type 1 diabetes. The transition can seem overwhelming for both teens and parents who are trying to balance the financial, emotional and practical elements of going away to college/university and transitioning to adult diabetes care.

The primary objective of this guide is to empower students and their parents with information that would help make the transition easier. The information provided in the following sections are based on Diabetes Hope Foundation’s review of 191 Canadian colleges and universities (see contents for full list), with most of the primary data collected between 2013 and 2015.

**Campus Supports and Services**

Colleges and universities across Canada offer a number of healthcare, accessibility and social supports that could help make the transition easier for students with diabetes (see chart on the next page for a breakdown of the availability of these resources).

These supports include:

- Accessibility Accommodations for Student with Diabetes
- Student Health and Dental Plans
- Campus Healthcare Centres
- Campus Pharmacy
- Diabetes Clubs and Social Support Programs
Accessibility Accommodations

The availability and access to accessibility services are a protected right for students with diabetes (see Section 2 for full details of rights and benefits). These accessibility supports include getting extra time for exams and assignments; having access to dorms closer to campus; taking exams/tests in a different facility or room; getting permission to have a fridge in your room to store your insulin and supplies; arranging different meal plans to better accommodate your diabetes; and/or being allowed to bring food and drinks into the classroom.

Although not every college and university in Canada has a formal accessibility program in place (see chart below for a breakdown across Canadian schools), every student with diabetes is entitled to ask for these supports, and most colleges and universities would make the accommodations to ensure full access to post-secondary education.
College/University Group Health Insurance Plans

According to Statistics Canada, the average yearly tuition costs for an undergraduate student in Canada is $6,571\(^1\) (2017/2018). With the average costs of health insurance totalling $1,161.62\(^2\) each year, the expenses for an average Canadian student with diabetes can add up to over $10,000 a year including tuition, books and accommodations.

The cost of annual health insurance premiums and tuition varies from province to province across Canada with the highest tuition and healthcare costs found in Ontario, and the lowest in Newfoundland and Labrador.

<table>
<thead>
<tr>
<th>Province</th>
<th>Health Insurance Annual Costs</th>
<th>Avg. Tuition (full-time)</th>
<th>Total Avg. Costs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canada (Average)</td>
<td>1,161.62</td>
<td>6,571.00</td>
<td>7,732.62</td>
</tr>
<tr>
<td>Ontario</td>
<td>1,615.60</td>
<td>8,454.00</td>
<td>10,069.6</td>
</tr>
<tr>
<td>Nova Scotia</td>
<td>1,318.72</td>
<td>7,726.00</td>
<td>9,044.72</td>
</tr>
<tr>
<td>Saskatchewan</td>
<td>1,297.56</td>
<td>7,205.00</td>
<td>8,502.56</td>
</tr>
<tr>
<td>New Brunswick</td>
<td>1,419.84</td>
<td>6,893.00</td>
<td>8,312.84</td>
</tr>
<tr>
<td>Prince Edward Island</td>
<td>1,361.56</td>
<td>6,498.00</td>
<td>7,859.56</td>
</tr>
<tr>
<td>Alberta</td>
<td>1,596.52</td>
<td>5,749.00</td>
<td>7,345.52</td>
</tr>
<tr>
<td>British Columbia</td>
<td>1,537.72</td>
<td>5,635.00</td>
<td>7,172.72</td>
</tr>
<tr>
<td>Manitoba</td>
<td>1,404.88</td>
<td>4,158.00</td>
<td>5,562.88</td>
</tr>
<tr>
<td>Newfoundland and Labrador</td>
<td>1,302.68</td>
<td>2,814.00</td>
<td>4,116.68</td>
</tr>
<tr>
<td>Quebec</td>
<td>1,084.38</td>
<td>2,889.00</td>
<td>3,973.38</td>
</tr>
</tbody>
</table>

72% of Canadian colleges (62%) and universities (84%) have student health insurance plans to cover the costs of prescription and medical expenses (see chart below for a breakdown of coverage across 10 Canadian provinces). The amount of coverage varies across different provinces, and varies from school to school. Students are automatically opted into the plan through their tuition fees ($250-$300/year), with the option to opt out in September each year.

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\(^1\) Statistics Canada, *Tuition fees for degree programs, 2017/2018*  

\(^2\) Average figures for enhanced health insurance quotes from Great West, Manulife and Sun Life Financial, September, 2018.
College and university group health plans range in coverage from $750 to unlimited full coverage for health and dental. All students with diabetes who are transitioning to college and university should include this information as part of their decision making when selecting schools for their post-secondary education. With the average costs of diabetes supplies for a student totalling $5,074\(^3\) each year, it’s worth noting that only 34% of the 191 colleges/universities reviewed have health insurance benefits programs that would cover the cost of diabetes supplies for post-secondary students with diabetes.

<table>
<thead>
<tr>
<th>Health Insurance Coverage Across Canadian Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Maximum</td>
</tr>
<tr>
<td>&gt;$10,000</td>
</tr>
<tr>
<td>$5000 to 10000</td>
</tr>
<tr>
<td>$4000 to 4999</td>
</tr>
<tr>
<td>$3000 to 3999</td>
</tr>
<tr>
<td>$2000 to 2999</td>
</tr>
<tr>
<td>$1000 to 1999</td>
</tr>
<tr>
<td>&lt;$1,000</td>
</tr>
<tr>
<td>No Coverage</td>
</tr>
</tbody>
</table>

Access to Healthcare Services on Campus

60% of colleges and universities have campus health centres that offer basic medical and emergency services. College/University health centres are a great resource for nutritional information; accessing counseling support; and referral services for students with diabetes.

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With the exception of universities with medical schools and teaching hospitals on campus, students with diabetes will have to register with a new local diabetes healthcare centre and endocrinologist if they go away to school, or need to transition to an adult diabetes program.

Across Canada, 63% of colleges and universities are located within 5 km of the nearest diabetes healthcare centre, with 80-100% of college/university campuses in Manitoba, New Brunswick, Newfoundland and Prince Edward Island located within 10 km of the nearest clinic.

Just a little more than half of the 191 colleges and universities reviewed were located within 5 km of the nearest endocrinologist, with significant variation from province to province. For more details, please refer to individual school sheets that can be found in sections 4 through 12.
There is also significant variation in access to diabetes healthcare between colleges and universities. Across Canada, 62% of universities are located within 5 km of a diabetes healthcare centre and 58% are located within 5 km of an endocrinologist. In comparison, 66% of colleges are located within 5 km of a diabetes healthcare centre, and only 50% are located within 5 km of an endocrinologist.

**Canada’s Medical Schools**

Finally, it is worth noting that if the cost of tuition or health insurance coverage is not a factor (healthcare insurance coverage across Canada’s medical schools range from no coverage to unlimited coverage, see table on next page) in your choice of post-secondary destination, then consider going to one of Canada’s 18 universities with medical schools. Every medical school in Canada has a teaching hospital, diabetes team and endocrinologist within 5 km of the main campus along with an above average list of social and accessibility supports.
<table>
<thead>
<tr>
<th>Name of Canadian University</th>
<th>Insurance Coverage Per Year</th>
<th>Co-Pay</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dalhousie University</td>
<td>$5,000</td>
<td>20%</td>
<td>4-6 weeks</td>
</tr>
<tr>
<td>Lakehead University</td>
<td>$10,000</td>
<td>20%</td>
<td>4-8 weeks</td>
</tr>
<tr>
<td>Laurentian University</td>
<td>$1,000</td>
<td>20%</td>
<td>N/A</td>
</tr>
<tr>
<td>Laval University</td>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
<tr>
<td>McGill University</td>
<td>No Maximum</td>
<td>20%</td>
<td>8 weeks</td>
</tr>
<tr>
<td>McMaster University</td>
<td>$2,000</td>
<td>20%</td>
<td>6 weeks</td>
</tr>
<tr>
<td>Memorial University</td>
<td>$5,000</td>
<td>20%</td>
<td>2 months</td>
</tr>
<tr>
<td>Queen's University</td>
<td>$3,000</td>
<td>20%</td>
<td>6-8 weeks</td>
</tr>
<tr>
<td>Sherbrook University</td>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
<tr>
<td>University of Alberta</td>
<td>$10,000</td>
<td>20%</td>
<td>8 weeks</td>
</tr>
<tr>
<td>University of British Columbia</td>
<td>No Maximum</td>
<td>20%</td>
<td>8 weeks</td>
</tr>
<tr>
<td>University of Calgary</td>
<td>$3,000</td>
<td>20%</td>
<td>45 days</td>
</tr>
<tr>
<td>University of Manitoba</td>
<td>No Maximum</td>
<td>20%</td>
<td>8 weeks</td>
</tr>
<tr>
<td>University of Montreal</td>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
<tr>
<td>University of Ottawa</td>
<td>$1,000</td>
<td>20%</td>
<td>8 weeks</td>
</tr>
<tr>
<td>University of Saskatchewan</td>
<td>No Maximum</td>
<td>20%</td>
<td>8 weeks</td>
</tr>
<tr>
<td>University of Toronto</td>
<td>$5,000</td>
<td>0%</td>
<td>4-6 weeks</td>
</tr>
<tr>
<td>Western University</td>
<td>$5,000</td>
<td>20%</td>
<td>None</td>
</tr>
</tbody>
</table>

Support Services Available On Campus at Canada's Medical Schools

- Campus Health Centre: 100%
- Insurance Coverage: 83%
- Accessibility Program: 100%
- Pharmacy on Campus: 78%
- Diabetes Social Support: 56%
- Nutritional Information: 100%
Transition Resource Guide Highlights

The next twelve sections of the guide features the following core components:

- Review of government legislation protecting the rights and benefits of students with diabetes across Canada (10 provinces);
- Summary of the responses from the online questionnaire developed and sent out to over 300 alumni to document our own alumni’s transition experience;
- Individual fact sheets for 191 Canadian colleges and universities; and
- Over 360+ tips for transition to college and university

Sections 2:
Rights and Benefits

Sections 3:
Alumni Insights

Sections 4-13:
Provincial Programs and Benefits

Each Individual School Fact Sheet Includes-

A) Inventory of Campus Supports
Includes: address of the main campus; closest adult diabetes program; closest endocrinologist and a list of campus supports available for students with diabetes.

B) How to Apply for Accessibility Accommodations

C) College/University Health Plan Coverage
Includes: Student Health Plan Summary – Name of Insurance Provider; Maximum Coverage; What’s Covered? % Co-Pay; and Blackout Period.

D) DHF Scholarship Alumni Insights
Includes: tips/insights for transition from DHF’s Scholarship Alumni
Legal Protections
For Students with Diabetes in Canada

Canadian Charter of Rights and Freedoms
The Canadian Charter of Rights and Freedoms; specifically section 15, ensures equality irrespective of race, gender, sexuality and disability, among other factors. The CCRF was signed into law in 1982, with section 15 being brought into force in 1985, unifying Canadians around a principle set of rights and freedoms.

Canadian Human Rights Act
The Canadian Human Rights Act is an extension of the CCRF. It deals with various types of discrimination and serves the purpose of ensuring that everyone is treated equally and justly regardless of age, gender, disability etc. It was also hoped that the enactment of this legislation would reduce and eventually dissolve discrimination in Canada.

United Nations Convention on the Rights of Persons with Disabilities
The International Human Rights Treaty is intended to protect the rights and dignity of people with disabilities. Canada, as a signing party, has agreed and is required to promote, protect and ensure human rights and equality for all persons with disabilities in Canada.

Canadian Healthcare System

Canada’s Healthcare System
Canada’s healthcare system is a group of socialized health insurance plans providing coverage to all Canadian citizens. It is publicly funded and administered on a provincial or territorial basis, within guidelines set by the federal government, through the Canada Health Act.

Canada Health Act
The Canada Health Act is federal legislation that puts in place conditions by which individual provinces and territories in Canada may receive funding for health care services.

<table>
<thead>
<tr>
<th>There are 5 main principles in the Canada Health Act</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Public Administration:</strong> All administration of provincial health insurance must be carried out by a public authority on a non-profit basis. They also must be accountable to the province or territory, and their records and accounts are subject to audits.</td>
</tr>
<tr>
<td><strong>2. Comprehensive:</strong> All necessary health services, including hospitals, physicians and surgical dentists, must be insured.</td>
</tr>
<tr>
<td><strong>3. Universality:</strong> All insured residents are entitled to the same level of health care.</td>
</tr>
<tr>
<td><strong>4. Portability:</strong> A resident that moves to a different province or territory is still entitled to coverage from their home province during a minimum waiting period. This also applies to residents who leave the country.</td>
</tr>
<tr>
<td><strong>5. Accessibility:</strong> All insured persons have reasonable access to health care facilities. In addition, all physicians, hospitals, etc, must be provided reasonable compensation for the services they provide.</td>
</tr>
</tbody>
</table>
Under the health care system, individual citizens are provided preventative care and medical treatments from primary care physicians, as well as access to hospitals, dental surgery and additional medical services. With a few exceptions, all citizens qualify for health coverage regardless of medical history, personal income, or standard of living.

Non-emergency dental services, optometrists, and prescription medications do not legally have to be covered according to the Canada Health Act. Sections 4 through 12 of this guide will include an overview and summary of the health services covered in each province with a list of alternative support programs that residents can opt into for additional health insurance coverage.

**Accessibility Supports**

**For Students with Diabetes in Canada**

Some provinces/territories mandate that accessibility plans be in place for students with disabilities. Most colleges/universities, acting in accordance with federal and provincial legislation regarding discrimination have enacted accessibility supports to ensure equality for students with disabilities.

Each post-secondary institution has specific steps in place in order to ensure that necessary accommodations are made for each student. Thus, there are no specifics or limitations to the accessibility supports which can be utilized.

Supports include; but are not limited to:

- Giving you **additional time** for tests/exams
- Non-penalized **breaks** during tests/exams
- **Separate writing rooms** for tests/exams
- Allowing **food/drink** into rooms which would otherwise be prohibited
- Allowing **periodic breaks during class** without being penalized
- Permission to **leave classroom** when deemed necessary
- Permission to **bring in/use medically necessary supplies** in classroom
- Special **dorm room and residence** accommodations

For more information on available supports, please contact your post-secondary institution.
Studying in another Province

Students Temporarily Residing in another Province
Students who wish to travel from their home province to another province will continue to be covered by their provincial health insurance as long as they meet the criteria for continued coverage. To qualify for coverage, students must provide supporting documents to their provincial ministry proving they are full-time students in an accredited school in Canada.

Students! Do NOT Forget! It is imperative to carry and provide your provincial health insurance card when seeking physician services or medical treatment in another province so that your home provincial health insurance can be billed directly.

If no provincial health insurance card is provided at the time services are accessed, OR your provincial health insurance is not accepted directly (this may occur when entering/leaving Québec), you will be responsible for paying the bill up front. However, you can fill out a reimbursement form, in which case a portion or all of the expenses incurred will be reimbursed.

Students Permanently Moving to another Province
Students who permanently move outside their home province to another province must contact their current provincial ministry to make them aware of this change. Their home provincial health insurance will continue to be active for three months out of province; however, it is imperative that once a student arrives to their new home province, they immediately contact their new provincial ministry and register for health care coverage in their new home province.

New provincial coverage becomes active on the first day of the third month following registration. Healthcare insurance cards from your original home province must be carried during the time an individual remains uninsured by their new home province in case any medical services need to be utilized.

If no provincial health insurance card is provided at the time services are accessed, OR your old provincial health insurance is not accepted directly (this may occur when entering/leaving Québec), you will be responsible for paying the bill up front. However, you can fill out a reimbursement form, in which case a portion or all of the expenses incurred will be reimbursed.

Federal Tax Benefits
Canadian Revenue Agency

Disability Tax Credit (DTC)
A Disability Tax Credit can be claimed by those who need and dedicate time to administering life sustaining therapy, such as insulin.

Medical Expenses Tax Credit
This credit can be applied when medical expenses are over $2,171 or 3% of your net income or other designated amount (whichever is less).

Refundable Medical Expense Supplement
The Refundable Medical Expense Supplement is available to those who are working and earn less than $48,546. Eligible claims are capped at a maximum of $1,152 if eligible criteria for this credit are met.

Child Disability Benefit
Parents may be eligible for a Child Disability Benefit if their child is under the age of 18 and has not yet filed taxes with the Canadian Revenue Agency.

Registered Disability Savings Plan
A Registered Disability Savings Plan (RDSP) is a savings plan that is intended to help save for the long term financial security of a person who is eligible for the disability tax credit.
3
ALUMNI INSIGHTS
Alumni Insights – Part One
The following sections are a summary of the responses from surveys administered to our alumni in the summer of 2013. Although none of the information/insights included in our guide can be considered a substitute for medical information given to you by a healthcare professional, the experiences of our alumni can offer prospective post-secondary students invaluable direction in navigating through the early social experiences of life as a college or university student with type 1 diabetes.

A. Food and Exercise

<table>
<thead>
<tr>
<th>How did your eating pattern change with your new lifestyle?</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>I was eating at irregular hours</td>
<td>47%</td>
</tr>
<tr>
<td>I did not have access to the same types of food</td>
<td>25%</td>
</tr>
<tr>
<td>My eating pattern did not change</td>
<td>15%</td>
</tr>
<tr>
<td>I was eating too much food</td>
<td>12%</td>
</tr>
<tr>
<td>I did not have access to enough food</td>
<td>1%</td>
</tr>
</tbody>
</table>

Did you engage in any of the following activities to manage your blood sugar levels while you were at school?

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>I went to the gym on campus</td>
<td>39%</td>
</tr>
<tr>
<td>I regularly exercised weekly to maintain my control</td>
<td>28%</td>
</tr>
<tr>
<td>I was a member of a sports team</td>
<td>15%</td>
</tr>
<tr>
<td>I was engaged in community activities</td>
<td>9%</td>
</tr>
<tr>
<td>I did not have to engage in physical activity</td>
<td>8%</td>
</tr>
</tbody>
</table>

Were you successful in using physical activity to keep your blood sugar levels in check?

Yes: 26%
No: 74%
B. Living Away from Home

Did you live at home during your first year of college/university?

Was carbohydrate and nutritional information for foods available on campus?

<table>
<thead>
<tr>
<th>Rank</th>
<th>How did you deal with the carbohydrate heavy food on campus?</th>
<th>Female</th>
<th>Male</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Choose healthier, low carb options (wraps, low-carb foods etc.)</td>
<td>13</td>
<td>5</td>
<td>18</td>
</tr>
<tr>
<td>2</td>
<td>Preparing food at home instead of eating at school</td>
<td>15</td>
<td>8</td>
<td>23</td>
</tr>
<tr>
<td>3</td>
<td>Insulin adjustment before/after meals</td>
<td>4</td>
<td>6</td>
<td>10</td>
</tr>
<tr>
<td>4</td>
<td>Trial and error/guessing until I figured it out</td>
<td>8</td>
<td>3</td>
<td>11</td>
</tr>
<tr>
<td>5</td>
<td>Stick to foods that you are familiar eating</td>
<td>8</td>
<td>0</td>
<td>8</td>
</tr>
<tr>
<td>6</td>
<td>Check blood sugars after every meal</td>
<td>2</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>7</td>
<td>Use smart phone app/search online to find nutritional content</td>
<td>4</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>8</td>
<td>I tried to eat as much soup, fruit and salad as possible</td>
<td>4</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>9</td>
<td>I made sure I carb counted everything</td>
<td>2</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>10</td>
<td>Bolus ahead of time</td>
<td>2</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>11</td>
<td>Balance carb heavy food with exercise</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>12</td>
<td>Check out what the cafeteria serves before opting for the meal plan</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>13</td>
<td>Asking my dietitian for extra carb counting sessions</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>14</td>
<td>Adjusting basal rates</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td><strong>Total Responses</strong></td>
<td>66</td>
<td>23</td>
<td>89</td>
</tr>
</tbody>
</table>

- Yes: 58%
- No: 42%

- Yes: 25%
- No: 75%
While you were in school, how did you manage caring for your insulin? (e.g. keeping it cool?)

| Mini fridge you had to buy for your room | 54% |
| I lived at home | 25% |
| Mini fridge that was in your room | 19% |
| Communal fridge in the house/residence | 12% |

<table>
<thead>
<tr>
<th>Rank</th>
<th>Did you ever experience any problems at your college/university in regards to accommodating your diabetes while at school?</th>
<th>Female No.</th>
<th>Female %</th>
<th>Male No.</th>
<th>Male %</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>I didn't experience any problems</td>
<td>18</td>
<td>62%</td>
<td>7</td>
<td>70%</td>
<td>25</td>
</tr>
<tr>
<td>2</td>
<td>Problem bringing pump/testing supplies/eating during exams</td>
<td>3</td>
<td>10%</td>
<td>0</td>
<td>0%</td>
<td>3</td>
</tr>
<tr>
<td>3</td>
<td>Had problems with the pharmacy (delivery/prescription transfer)</td>
<td>2</td>
<td>7%</td>
<td>0</td>
<td>0%</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>Fluctuating blood sugar levels during exams</td>
<td>0</td>
<td>0%</td>
<td>2</td>
<td>20%</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>Blood sugars go up from irregular schedule</td>
<td>1</td>
<td>3%</td>
<td>0</td>
<td>0%</td>
<td>1</td>
</tr>
<tr>
<td>6</td>
<td>Blood sugars were high/low at beginning of the year</td>
<td>1</td>
<td>3%</td>
<td>0</td>
<td>0%</td>
<td>1</td>
</tr>
<tr>
<td>7</td>
<td>I was not allowed to bring snacks into labs</td>
<td>1</td>
<td>3%</td>
<td>0</td>
<td>0%</td>
<td>1</td>
</tr>
<tr>
<td>8</td>
<td>Had to explain about extra breaks to varsity coach</td>
<td>1</td>
<td>3%</td>
<td>0</td>
<td>0%</td>
<td>1</td>
</tr>
<tr>
<td>9</td>
<td>Had problems getting special accommodations in residence</td>
<td>1</td>
<td>3%</td>
<td>0</td>
<td>0%</td>
<td>1</td>
</tr>
<tr>
<td>10</td>
<td>Hard getting accommodations in first year</td>
<td>0</td>
<td>0%</td>
<td>1</td>
<td>10%</td>
<td>1</td>
</tr>
<tr>
<td>11</td>
<td>Going low between classes that were a 15-20 min walk</td>
<td>1</td>
<td>3%</td>
<td>0</td>
<td>0%</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td><strong>Total Responses</strong></td>
<td><strong>29</strong></td>
<td><strong>10</strong></td>
<td><strong>39</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rank</th>
<th>When and how did you tell your roommate(s)/housemate(s) that your diabetes?</th>
<th>Female No.</th>
<th>Female %</th>
<th>Male No.</th>
<th>Male %</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>I told them on the first day/as soon as I moved in</td>
<td>16</td>
<td>37%</td>
<td>2</td>
<td>14%</td>
<td>18</td>
</tr>
<tr>
<td>2</td>
<td>I lived with people I already knew</td>
<td>6</td>
<td>14%</td>
<td>4</td>
<td>29%</td>
<td>10</td>
</tr>
<tr>
<td>3</td>
<td>I told them what to do in case of emergency</td>
<td>5</td>
<td>12%</td>
<td>2</td>
<td>14%</td>
<td>7</td>
</tr>
<tr>
<td>4</td>
<td>I told them during the first week</td>
<td>3</td>
<td>6%</td>
<td>3</td>
<td>21%</td>
<td>6</td>
</tr>
<tr>
<td>5</td>
<td>My roommate(s) asked about my pump</td>
<td>2</td>
<td>5%</td>
<td>1</td>
<td>7%</td>
<td>3</td>
</tr>
<tr>
<td>6</td>
<td>My roommate also had diabetes</td>
<td>3</td>
<td>7%</td>
<td>0</td>
<td>0%</td>
<td>3</td>
</tr>
<tr>
<td>7</td>
<td>My residence manager took care of it/I told my don</td>
<td>2</td>
<td>5%</td>
<td>1</td>
<td>0%</td>
<td>3</td>
</tr>
<tr>
<td>8</td>
<td>I did not tell my roommate(s)/housemate(s) that I was diabetic</td>
<td>2</td>
<td>5%</td>
<td>0</td>
<td>0%</td>
<td>2</td>
</tr>
<tr>
<td>9</td>
<td>My roommate(s) asked about my mini fridge/insulin in the fridge</td>
<td>1</td>
<td>2%</td>
<td>1</td>
<td>7%</td>
<td>2</td>
</tr>
<tr>
<td>10</td>
<td>Posted on room/house Facebook page</td>
<td>1</td>
<td>2%</td>
<td>0</td>
<td>0%</td>
<td>1</td>
</tr>
<tr>
<td>11</td>
<td>I told them about my emergency supplies</td>
<td>1</td>
<td>2%</td>
<td>0</td>
<td>0%</td>
<td>1</td>
</tr>
<tr>
<td>12</td>
<td>I told them during the first meal</td>
<td>1</td>
<td>2%</td>
<td>0</td>
<td>0%</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td><strong>Total Responses</strong></td>
<td><strong>43</strong></td>
<td><strong>14</strong></td>
<td><strong>57</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Rank | If you had a communal fridge to keep snacks (for low blood sugars) how did you ensure your food was not taken without permission? | Female | Male | Total
---|---|---|---|---
1 | I did not have any problems | 9 | 26% | 3 | 21% | 12
2 | I told them they were for emergencies only | 5 | 14% | 3 | 21% | 8
3 | I had my own fridge in my room | 5 | 14% | 3 | 21% | 8
4 | I kept emergency supplies in my room | 6 | 17% | 2 | 14% | 8
5 | I put my name on it | 3 | 9% | 1 | 7% | 4
6 | We kept separate shelves in the fridge | 2 | 6% | 1 | 7% | 3
7 | We had ‘If you didn’t buy it, don’t touch it’ rules | 2 | 6% | 0 | 0% | 2
8 | We had an ‘ask first’ rule | 2 | 6% | 0 | 0% | 2
9 | We shared our food | 0 | 0% | 1 | 7% | 1
10 | My roommate(s) were diabetic and knew not to touch them | 1 | 3% | 0 | 0% | 1
Total Responses | 35 | 14 | 49

Rank | How did you manage to remember all your diabetes equipment when traveling back and forth over holidays/weekends? | Female | Male | Total
---|---|---|---|---
1 | I had two sets of everything and didn’t have to worry about it | 17 | 35% | 4 | 31% | 21
2 | I keep a kit/back pack or put everything together in one place | 12 | 24% | 2 | 15% | 14
3 | Make lists so you won’t forget anything | 8 | 16% | 3 | 23% | 11
4 | It’s kind of hard to forget | 2 | 4% | 4 | 31% | 6
5 | I packed it with everything else I needed | 3 | 6% | 0 | 0% | 3
6 | Have a backup of everything at home | 2 | 4% | 0 | 0% | 2
7 | My mom would call me | 2 | 4% | 0 | 0% | 2
8 | Keep a list of phone #s of places to get emergency supplies | 1 | 2% | 0 | 0% | 1
9 | My friends/roommate(s) reminded me | 1 | 2% | 0 | 0% | 1
10 | Plan/pack ahead of time | 1 | 2% | 0 | 0% | 1
Total Responses | 49 | 13 | 62

C. Diabetes in Campus Life

How did your campus support you in managing your diabetes during exam time?

- Allowing you to take food into the room | 40%
- There were no accommodations for students with diabetes | 25%
- Allowing you to take your exams at the student centre for disabilities | 16%
- By giving you extra time | 9%
- Other | 9%
### Rank 1: How did you deal with low blood sugars in class and during exams?

<table>
<thead>
<tr>
<th>Rank</th>
<th>Female</th>
<th>Male</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>I always tested before, during, or after a test/exam</td>
<td>15 (19%)</td>
<td>3 (12%)</td>
</tr>
<tr>
<td>2</td>
<td>I brought Dex and juice into classroom or exam</td>
<td>13 (17%)</td>
<td>4 (15%)</td>
</tr>
<tr>
<td>3</td>
<td>I always had juice/Gatorade/pop with me</td>
<td>11 (14%)</td>
<td>5 (19%)</td>
</tr>
<tr>
<td>4</td>
<td>I kept candy/fast acting sugar with me at all times</td>
<td>9 (12%)</td>
<td>6 (23%)</td>
</tr>
<tr>
<td>5</td>
<td>I brought food/snack with me to class or exams</td>
<td>11 (14%)</td>
<td>3 (12%)</td>
</tr>
<tr>
<td>6</td>
<td>I talked to my professor/proctor/TA</td>
<td>4 (5%)</td>
<td>2 (8%)</td>
</tr>
<tr>
<td>7</td>
<td>I always kept food/snacks, juice and supplies with me in backpack</td>
<td>4 (5%)</td>
<td>1 (4%)</td>
</tr>
<tr>
<td>8</td>
<td>I took my exams in a separate location with extra time for treating lows through centre for students with disabilities</td>
<td>3 (4%)</td>
<td>1 (4%)</td>
</tr>
<tr>
<td>9</td>
<td>I had supplies with me on my desk</td>
<td>3 (4%)</td>
<td>1 (4%)</td>
</tr>
<tr>
<td>10</td>
<td>I always try to eat before tests/exams</td>
<td>2 (3%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>11</td>
<td>I suspended my pump</td>
<td>2 (3%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>12</td>
<td>I always monitored trends (high/low) a few hours before exam/test</td>
<td>1 (1%)</td>
<td>0 (0%)</td>
</tr>
</tbody>
</table>

**Total Responses**: 78 (female), 26 (male), 104 (total)

### Rank 2: Did you notice changes in your blood sugar patterns post-exam period (highs or lows)?

<table>
<thead>
<tr>
<th>Rank</th>
<th>Female</th>
<th>Male</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>I would go high during exams</td>
<td>23 (44%)</td>
<td>6 (33%)</td>
</tr>
<tr>
<td>2</td>
<td>There were no changes</td>
<td>11 (21%)</td>
<td>6 (33%)</td>
</tr>
<tr>
<td>3</td>
<td>I would go low after an exam</td>
<td>6 (6%)</td>
<td>1 (6%)</td>
</tr>
<tr>
<td>4</td>
<td>My blood sugars were much more difficult to manage during exams</td>
<td>3 (6%)</td>
<td>2 (11%)</td>
</tr>
<tr>
<td>5</td>
<td>There were more lows during exams</td>
<td>4 (8%)</td>
<td>1 (0%)</td>
</tr>
<tr>
<td>6</td>
<td>I would go high after because I like to err on the high side during exams</td>
<td>2 (4%)</td>
<td>2 (11%)</td>
</tr>
<tr>
<td>7</td>
<td>I would go low because I barely ate</td>
<td>2 (4%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>8</td>
<td>My blood sugars would go low before exams</td>
<td>1 (2%)</td>
<td>0 (0%)</td>
</tr>
</tbody>
</table>

**Total Responses**: 52 (female), 18 (male), 70 (total)

### Rank 3: What are some techniques that you use to stay on top of your blood sugars during a night out?

<table>
<thead>
<tr>
<th>Rank</th>
<th>Female</th>
<th>Male</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Test regularly/frequently</td>
<td>34 (43%)</td>
<td>13 (46%)</td>
</tr>
<tr>
<td>2</td>
<td>Tell people around you that you're diabetic and what to look for</td>
<td>7 (9%)</td>
<td>2 (7%)</td>
</tr>
<tr>
<td>3</td>
<td>Avoid eating too much while you're out/avoid high carb meals</td>
<td>6 (8%)</td>
<td>2 (7%)</td>
</tr>
<tr>
<td>4</td>
<td>Bring Dex/fast acting sugar with you to treat lows</td>
<td>6 (8%)</td>
<td>2 (7%)</td>
</tr>
<tr>
<td>5</td>
<td>Keep snacks with you</td>
<td>4 (5%)</td>
<td>2 (7%)</td>
</tr>
<tr>
<td>6</td>
<td>I always eat when I drink</td>
<td>2 (3%)</td>
<td>3 (11%)</td>
</tr>
<tr>
<td>7</td>
<td>I always have juice on me</td>
<td>3 (4%)</td>
<td>1 (4%)</td>
</tr>
<tr>
<td>8</td>
<td>It is better to run high than low when you're out</td>
<td>3 (4%)</td>
<td>1 (4%)</td>
</tr>
<tr>
<td>9</td>
<td>Set an alarm for testing while you're out</td>
<td>4 (5%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>10</td>
<td>Adjust insulin beforehand depending on level of physical activity</td>
<td>3 (4%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>11</td>
<td>Avoid sugary drinks</td>
<td>2 (3%)</td>
<td>1 (4%)</td>
</tr>
<tr>
<td>12</td>
<td>Make sure you carb count during dinner</td>
<td>2 (3%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>13</td>
<td>Drink lots of water</td>
<td>1 (1%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>14</td>
<td>Don't give insulin for alcohol</td>
<td>1 (1%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>15</td>
<td>Keep a small emergency kit with you with supplies</td>
<td>1 (1%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>16</td>
<td>Eat before you go out</td>
<td>0 (0%)</td>
<td>1 (4%)</td>
</tr>
</tbody>
</table>

**Total Responses**: 79 (female), 28 (male), 107 (total)
### What are some tips that you can provide first time college/university students about drinking?

<table>
<thead>
<tr>
<th>Rank</th>
<th>What are some tips that you can provide first time college/university students about drinking?</th>
<th>Female No.</th>
<th>Female %</th>
<th>Male No.</th>
<th>Male %</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Test regularly/frequently while you're out</td>
<td>22</td>
<td>20%</td>
<td>9</td>
<td>21%</td>
<td>31</td>
</tr>
<tr>
<td>2</td>
<td>Make sure there are people around who know you're diabetic</td>
<td>24</td>
<td>22%</td>
<td>5</td>
<td>12%</td>
<td>29</td>
</tr>
<tr>
<td>3</td>
<td>Know/Learn your limits</td>
<td>17</td>
<td>15%</td>
<td>9</td>
<td>21%</td>
<td>26</td>
</tr>
<tr>
<td>4</td>
<td>Make sure you eat while you're drinking to balance the alcohol</td>
<td>14</td>
<td>13%</td>
<td>6</td>
<td>14%</td>
<td>20</td>
</tr>
<tr>
<td>5</td>
<td>Eat a big snack before you go to bed to avoid lows at night</td>
<td>8</td>
<td>7%</td>
<td>1</td>
<td>2%</td>
<td>9</td>
</tr>
<tr>
<td>6</td>
<td>I chose not to drink/l drank non-alcoholic drinks</td>
<td>6</td>
<td>5%</td>
<td>3</td>
<td>7%</td>
<td>9</td>
</tr>
<tr>
<td>7</td>
<td>Avoid/be careful with sugars</td>
<td>4</td>
<td>4%</td>
<td>4</td>
<td>10%</td>
<td>8</td>
</tr>
<tr>
<td>8</td>
<td>Insulin doesn't work properly when drinking/don't give yourself insulin</td>
<td>4</td>
<td>4%</td>
<td>2</td>
<td>5%</td>
<td>6</td>
</tr>
<tr>
<td>9</td>
<td>Always keep your Dex tabs/fast acting sugars with you</td>
<td>2</td>
<td>2%</td>
<td>1</td>
<td>2%</td>
<td>3</td>
</tr>
<tr>
<td>10</td>
<td>Don't bolus for the sugary drinks/don't bolus while drinking</td>
<td>1</td>
<td>1%</td>
<td>1</td>
<td>2%</td>
<td>2</td>
</tr>
<tr>
<td>11</td>
<td>Alcohol hazes your ability to feel lows – be careful</td>
<td>1</td>
<td>1%</td>
<td>1</td>
<td>2%</td>
<td>2</td>
</tr>
<tr>
<td>12</td>
<td>Let your blood sugars run a bit high</td>
<td>2</td>
<td>2%</td>
<td>0</td>
<td>0%</td>
<td>2</td>
</tr>
<tr>
<td>13</td>
<td>Set an alarm to test in the middle of the night</td>
<td>2</td>
<td>2%</td>
<td>0</td>
<td>0%</td>
<td>2</td>
</tr>
<tr>
<td>14</td>
<td>Wrote a reminder to test on my hand</td>
<td>1</td>
<td>1%</td>
<td>0</td>
<td>0%</td>
<td>1</td>
</tr>
<tr>
<td>15</td>
<td>Do not correct for highs when drinking</td>
<td>1</td>
<td>1%</td>
<td>0</td>
<td>0%</td>
<td>1</td>
</tr>
<tr>
<td>16</td>
<td>Have your cell phone with you in case of emergency</td>
<td>1</td>
<td>1%</td>
<td>0</td>
<td>0%</td>
<td>1</td>
</tr>
<tr>
<td>17</td>
<td>Change pump infusion set before you start drinking</td>
<td>1</td>
<td>1%</td>
<td>0</td>
<td>0%</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total Responses</strong></td>
<td><strong>111</strong></td>
<td></td>
<td><strong>42</strong></td>
<td></td>
<td><strong>153</strong></td>
<td></td>
</tr>
</tbody>
</table>

### Is there anything else that you would like to share with a first year college/university student about making the transition?

<table>
<thead>
<tr>
<th>Rank</th>
<th>Is there anything else that you would like to share with a first year college/university student about making the transition?</th>
<th>Female No.</th>
<th>Female %</th>
<th>Male No.</th>
<th>Male %</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Don't try and do it alone, find someone to talk to when you need help, there are supports available (nurses, friends, family etc.)</td>
<td>9</td>
<td>24%</td>
<td>1</td>
<td>7%</td>
<td>10</td>
</tr>
<tr>
<td>2</td>
<td>Be open about your diabetes, don't be afraid to tell people; your friends will embrace it and be supportive.</td>
<td>6</td>
<td>16%</td>
<td>3</td>
<td>20%</td>
<td>9</td>
</tr>
<tr>
<td>3</td>
<td>Keep trying even if your blood sugars aren’t good. It's going to be hard, but you can do it. Take it one day at a time.</td>
<td>5</td>
<td>14%</td>
<td>2</td>
<td>13%</td>
<td>7</td>
</tr>
<tr>
<td>4</td>
<td>Don't ever let diabetes stop you from succeeding!</td>
<td>4</td>
<td>11%</td>
<td>1</td>
<td>7%</td>
<td>5</td>
</tr>
<tr>
<td>5</td>
<td>Stock up on tabs, strips, meters and insulin so you never run out.</td>
<td>2</td>
<td>5%</td>
<td>0</td>
<td>0%</td>
<td>2</td>
</tr>
<tr>
<td>6</td>
<td>You are going into a new schedule and your basal rates or long acting insulin will probably need to change.</td>
<td>2</td>
<td>5%</td>
<td>0</td>
<td>0%</td>
<td>2</td>
</tr>
<tr>
<td>7</td>
<td>Learn/Know your limits to see what your body can handle.</td>
<td>1</td>
<td>3%</td>
<td>1</td>
<td>7%</td>
<td>2</td>
</tr>
<tr>
<td>8</td>
<td>Take your blood tester and supplies with you at all times.</td>
<td>1</td>
<td>3%</td>
<td>1</td>
<td>7%</td>
<td>2</td>
</tr>
<tr>
<td>9</td>
<td>Get a referral for an endocrinologist before you leave for school.</td>
<td>1</td>
<td>3%</td>
<td>0</td>
<td>0%</td>
<td>1</td>
</tr>
<tr>
<td>10</td>
<td>Set up an appointment with an endocrinologist in your new city before you leave for school.</td>
<td>1</td>
<td>3%</td>
<td>0</td>
<td>0%</td>
<td>1</td>
</tr>
<tr>
<td>11</td>
<td>If you have friends that can have some knowledge of diabetes, they will help make the transition easier.</td>
<td>0</td>
<td>0%</td>
<td>1</td>
<td>7%</td>
<td>1</td>
</tr>
<tr>
<td>12</td>
<td>If you aren't on a pump, you probably should look into it now.</td>
<td>0</td>
<td>0%</td>
<td>1</td>
<td>7%</td>
<td>1</td>
</tr>
<tr>
<td>13</td>
<td>Learn to love university without hating your diabetes.</td>
<td>1</td>
<td>3%</td>
<td>0</td>
<td>0%</td>
<td>1</td>
</tr>
<tr>
<td>14</td>
<td>Stay on top of insurance issues – make sure you inform your insurance company of your enrolment each semester.</td>
<td>1</td>
<td>3%</td>
<td>0</td>
<td>0%</td>
<td>1</td>
</tr>
<tr>
<td>15</td>
<td>Cook your own food</td>
<td>1</td>
<td>3%</td>
<td>0</td>
<td>0%</td>
<td>1</td>
</tr>
<tr>
<td>16</td>
<td>Take advantage of the programs and accommodations available to you as a person with diabetes. Don't be ashamed to ask for extra time on an exam!</td>
<td>0</td>
<td>0%</td>
<td>1</td>
<td>7%</td>
<td>1</td>
</tr>
<tr>
<td>17</td>
<td>Make sure you are as up on your carb counting.</td>
<td>1</td>
<td>3%</td>
<td>0</td>
<td>0%</td>
<td>1</td>
</tr>
<tr>
<td>18</td>
<td>Buy lots of juice, have much more than you will ever need.</td>
<td>0</td>
<td>0%</td>
<td>1</td>
<td>7%</td>
<td>1</td>
</tr>
<tr>
<td>19</td>
<td>Keep reminders (post-its, alerts on your phone, writing on your hand) to test regularly while you're at university.</td>
<td>1</td>
<td>3%</td>
<td>0</td>
<td>0%</td>
<td>1</td>
</tr>
<tr>
<td>20</td>
<td>Don't do stupid things.</td>
<td>0</td>
<td>0%</td>
<td>1</td>
<td>7%</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total Responses</strong></td>
<td><strong>37</strong></td>
<td></td>
<td><strong>15</strong></td>
<td></td>
<td><strong>52</strong></td>
<td></td>
</tr>
</tbody>
</table>
Alumni Insights – Part Two

What did our 2013/2014 scholarship alumni have to say 3 months after they transitioned? The final two sections of our Alumni Insights comes from Diabetes Hope Foundation’s mid-term evaluation questionnaires. This online questionnaire is administered in November of each year to see how successful our scholarship alumni have been in their transition to post-secondary education and adult diabetes care.

What Accessibility Accommodations were made for you this year?

The following are the most common/frequently accessed benefits

- Extra time for tests.
- Extra time on in-class assignments
- Extensions for exams.
- Writing exams in a separate room.
- Food and drinks allowed in class
- Bringing diabetes supplies into tests and exams
- Getting into a specific residence.
- Free bus pass
- Free computer

Based on your own experience this year, can you tell us what you think high school students need to be more prepared for their transition to college/university?

“Make sure you have your supplies with you at all times. Double and triple check to make sure you have everything before you leave for class or go out because you never know where your day will end up or when you’ll get home.”

“Make sure you know how to carb count before you transition. Carb counting cafeteria food is really hard because of the deep frying and the amount of sauce they use.”

“Understanding that according to universities and financial services, diabetes is a disability is really important.”

“If you feel pressured into doing things you’re not comfortable with, just tell them you have diabetes and you don’t want to end up in the hospital or in a coma. It will get you out of doing lots of things.”

“If I were to ‘re-do’ the first few months of university away from home, I would’ve written down every blood sugar as I take them so I can see how my body reacts to the new foods and schedules, so I would know what I need to do in order to adjust my basals and dosages.”

“Before applying for residence, decide which one would best suit your needs and if you believe it will have an influence on your care (e.g. has a kitchen) let the school know.

“Experiment and try things while you’re still at home so you can develop a system that works for you while you’re away at school.”

“Be prepared to be more independent after you transition.”
ALBERTA
Alberta Human Rights Act
The Alberta Human Rights Code is Alberta’s amended human rights legislation, which came into effect in October of 2009, with further amendments made in September 2010.

The purpose of this act is to ensure each Albertan receives the same opportunities within the province, without discrimination. The ultimate goal is to ensure equality regardless of race, gender, income, status or class, among other areas.

Alberta Health Care Insurance Plan

Eligibility
All eligible residents of Alberta must register themselves and their dependents with the Alberta Health Care Insurance Plan (AHCIP).

An eligible resident of Alberta is a person who is:

- Legally entitled to be or remain in Canada and makes his/her permanent home in Alberta;
- Committed to being physically present in Alberta for at least 183 days in a 12 month period;
- Not claiming residency or obtaining benefits under a claim of residency in another province, territory or country;
- Any other person deemed by the regulations to be a resident not including a tourist, transient or visitor to Alberta.

Coverage

**Physicians**
All medically required services provided by a physician, including Endocrinologists.

**Diabetes Supplies and Insulin**
Coverage under Non-group Supplementary Prescription Drug Plan. Coverage also under Insulin Pump Therapy Program – if eligible.

**Other Healthcare Providers**
Coverage of Diabetes Education Teams and Centres. Partial coverage of services provided by Podiatrists.

**Dental Services in Hospital**
Dental procedures and services which require hospitalization are covered.

**Eye Care**
Medically required eye examinations provided by an Ophthalmologist or Optometrist for Alberta residents 19-64 years old with medical conditions requiring regular eye examinations; including diabetes.
Other Listed Insured Services

- Examinations and services supplied by persons being paid by the hospital
- Medically required surgery
- Standard Ward Hospitalization, medically necessary use of a semi-private or private room, accommodation and meals
- Necessary nursing service and private nursing care, ordered by the attending physician and meeting the hospital’s by-laws
- Pacemakers, steel plates, pins, joint prostheses, valve implants and any goods approved by the Minister (unless they are enhanced goods and services)
- Laboratory, radiological and other diagnostic procedures (including interpretation) to maintain health, prevent disease and help diagnose/treat any injury, illness or disability
- Drugs, biologicals and related preparations administered in a hospital (as specified in the Hospitalization Benefits Regulation)
- Use of operating room, case room and anesthetic facilities, plus the necessary equipment and supplies
- Use of radiotherapy and physical therapy facilities
- Transporting a patient in Alberta by ambulance or other commercial vehicle from one facility to another
- Diagnostic interview and evaluation or consultation

Listed Uninsured Services

AHCIP does not provide coverage for the following:

- Cosmetic surgery, such as tummy tuck, bariatric (lap-band) surgery, and breast reduction unless deemed medically necessary
- Prescription drugs
- Ambulance services
- Eyeglasses and contact lenses
- Routine dental care and dentures
- Some immunizations (Contact Alberta Health Services about exceptions)
- Services provided by a chiropractor, acupuncturist, licensed massage therapist, homeopath, naturopath, social worker, nutritionist and physicians’ assistant
- Vasectomy reversal
- Clinical psychologist services
- Physiotherapy
- Anaesthetic charges for services not covered by the AHCIP
- Third-party medical services, such as medicals for employment, insurance or sports
- Hearing aids, medical and surgical appliances, prosthetics, supplies, mobility devices, etc.
- Medical advice with a patient by telephone
- Experimental or research program procedures
- Medical-legal services
- Podiatry and optometry services obtained outside Alberta
- Dentistry services obtained outside Alberta, except for medically required oral surgery
Other Benefits and Services

Non-Group Coverage
Non-Group Coverage is a government subsidized drug benefit program available to all residents of Alberta under the age of 65 and their dependents. A monthly premium is charged for Non-Group coverage, and provides access to supplementary prescription drugs not covered by the Alberta Health Care Insurance Plan (AHCIP).

To qualify for this plan, you must be:

- A resident of Alberta
- Under the age of 65 years
- Registered with the AHCIP

Coverage will begin on the first day of the fourth month after Alberta Health receives your application.

A $50 annual deductible is applied to the total of all eligible health benefit expenses incurred in a benefit year, except for prescription drugs and diabetic supplies.

A co-payment is required for each prescription. A co-payment is the portion of the prescription cost you pay to your pharmacy when you have a prescription filled. The co-payment is 30% to a maximum of $25. You will not pay more than $25 for most prescriptions.

Diabetes supplies are covered under this plan up to a maximum of $600 per eligible person each benefit year. Diabetes supplies include needles, syringes, lancets, and both blood glucose and urine testing strips. A co-payment will not be applied to these supplies.

For more information please visit: [http://www.health.alberta.ca/services/drugs-non-group.html](http://www.health.alberta.ca/services/drugs-non-group.html)

Insulin Pump Therapy Program
The Insulin Pump Therapy (IPT) Program provides funding for the cost of insulin pumps and pump supplies for Alberta residents with Type 1 Diabetes that meet eligibility and clinical criteria.

Eligibility criteria for the IPT program include:

- The patient must be a resident of Alberta who is eligible for coverage under the Alberta Health Care Insurance Plan.
- The patient must have been diagnosed with Type 1 diabetes and be under the care of a physician or nurse practitioner for the condition.
- The patient must meet the clinical criteria established by Alberta Health Services for the IPT Program.
- The patient must follow the steps outlined in the IPT Program for new or existing IPT users.

For more information please visit: [http://www.health.alberta.ca/services/insulin-pump-therapy-program.html](http://www.health.alberta.ca/services/insulin-pump-therapy-program.html)

For more a list of approved Diabetes Insulin Pump Clinics in Alberta please visit: [http://www.albertahealthservices.ca/info/service.aspx?id=1061556](http://www.albertahealthservices.ca/info/service.aspx?id=1061556)
ABM College of Health and Technology

Address of Main Campus
3880 29 Street NE Suite 200
Calgary AB T1Y 6B6
403-719-4300

www.abmcollege.com

Closest Diabetes Program:
Peter Lougheed Centre
Diabetes Education Program
Room 1929
3500 26 Avenue NE
Calgary AB T1Y 6J4
403-955-8146

Closest Endocrinologist:
Peter Lougheed Centre
Room 1929
3500 26 Avenue NE
Calgary AB T1Y 6J4
403-955-8146

On-Campus Services Available

X On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
X Accessibility Services Available
X University Health Insurance Plan
X Nutrition Information Available On-Campus

On-Campus Services Available

X On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
X Accessibility Services Available
X University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: 
Not Applicable

Documents Needed: Not Applicable

Apply by Phone
Apply Online
Send an Email @

NOTE: There are no accommodations available at this institution.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
<tr>
<td>Co-Pay</td>
<td>Maximum Coverage/Year</td>
<td>Blackout Period</td>
</tr>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
</tbody>
</table>

Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“It can be difficult to eat right while you’re at school, especially if you’re eating in the dining hall every day. Unlike at home when you make your own food, at school you have no control over what you eat. It helps to keep pre-packaged snacks with you like granola bars, nuts, yogurt and fruit strips because they have nutritional information on the back.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

Accessibility Services Available

- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Accessibility and Support Services Office

Documents Needed: Registration and Consent for Service Form

Apply by Phone
Call 403-410-2000 ext. 2956 to schedule an appointment with an advisor.

Apply Online
Download form online:

Send an Email @
Email accessibility@ambrose.edu to schedule an appointment with an advisor.

NOTE: Students are dealt with on a case-by-case basis. For more information please visit: https://ambrose.edu/accessibility

Contact the Accessibility and Support Services Office as soon as you apply to Ambrose University

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ambrose Student Health Plan</td>
<td>WESPEAKSTUDENT.COM</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Co-Pay

<table>
<thead>
<tr>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>$3,500</td>
<td>N/A</td>
</tr>
</tbody>
</table>

10% + $10 Dispensing fee

Additional Information:
Insulin injectibles; Insulin supplies which include syringes, needles and diagnostic test strips, including glucometers, alcohol swabs and lancets, subject to a maximum of $200.00 per Insured per policy year

Tips from our Alumni –

“As long as you feel comfortable, have a glucagon kit readily available in case of emergencies. If you have roommates or housemates, teach them how to use it. It doesn’t do anyone any good if you’re the only person who knows where it is and what to do with it.”
On-Campus Services Available

X On-Campus Healthcare Clinic
✓ Accessibility Services Available

X On-Campus Pharmacy
✓ University Health Insurance Plan

X Social Supports for Students with Diabetes
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Access to Students with Disabilities

Apply by Phone
Call 1-800-788-9041 ext. 3424 to schedule an appointment with an advisor.

Apply Online
The VOA Form is available online at http://asd.athabascau.ca/forms/.

Send an Email @
Emailasd@athabascau.ca to schedule an appointment with an advisor.

Documents Needed: Physician Documentation AND Verification of Accommodation and Support Service Requirements Form

NOTE:
Summary of Disability Documentation Required: http://asd.athabascau.ca/services/summary.php
For more information please visit: http://asd.athabascau.ca/services/eligibility.php

University Insurance Benefits Program

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<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
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</table>

Blackout Period

No Coverage

Additional Information: "Health Care Bursary" available for students in financial need that otherwise would not be able to afford a health care plan. The bursary can provide up to $1000 towards health or dental plan premiums. You can apply for this online: https://www.ausu.org/services/health-insurance/

Tips from our Alumni –

“Be sure to check your supplies regularly. Visit your doctor or pharmacist before your supplies run low. Even if you haven’t run out yet, get the prescription and leave it on file at the pharmacy so they can fill it when you need it.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Learner Success Services

Apply by Phone
Call 403-410-1440 to schedule an appointment with an Accessibility Services Advisor.

Apply Online
Book online- https://accessibility.bowvalleycollege.ca

Send an Email @
Email accessibility@bowvalleycollege.ca to schedule an appointment with an Accessibility Services Advisor.

NOTE: Documentation must include a specific diagnosis AND specific recommendations to reduce the barriers caused by your disability. Contact Learner Success Services at least 4 months before you are scheduled to start classes. Appointments can be made in person at the Learner Success Services office on the first floor at the South Campus. For more information please visit: www.bowvalleycollege.ca/campus-services/learner-success-services/accessibility-services/learners-with-disabilities.html.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Students' Association of Bow Valley College</td>
<td>Great-West Life Assurance Company</td>
<td>12 months (from the first day of the month your program begins)</td>
</tr>
</tbody>
</table>

<table>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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</thead>
<tbody>
<tr>
<td>20%</td>
<td>$3,000.00</td>
<td>No Blackout Period</td>
</tr>
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</table>

Additional Information: Prescription drug coverage is based on the National Formulary.

Tips from our Alumni –

“When you transition to a new doctor, it’s a bit overwhelming and it’s easy to forget the changes you said you’d make. Write everything down while you’re there, or do it as soon as you get home. If you’re on the pump, program all of the technical adjustments into the pump as soon as possible.”
### On-Campus Services Available

| On-Campus Healthcare Clinic | Accessibility Services Available |
| On-Campus Pharmacy | University Health Insurance Plan |
| Social Supports for Students with Diabetes | Nutrition Information Available On-Campus |

### How to Apply for Accessibility Services

**Accommodations Service Provider:**
Student Success Centre

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email</th>
</tr>
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<tbody>
<tr>
<td>Call Crystal Johnson at 403-782-3381 ext. 4141 to schedule an appointment with the Disabilities Liaison.</td>
<td>Email <a href="mailto:cjohnson@burmanu.ca">cjohnson@burmanu.ca</a> to schedule an appointment with the Disabilities Liaison.</td>
<td></td>
</tr>
</tbody>
</table>

**Documents Needed:** Not Specified

**NOTE:** Contact the Disabilities Liaison for more information about documentation for each disability.
For more information please visit: [https://www.burmanu.ca/studentsuccess/accessibility](https://www.burmanu.ca/studentsuccess/accessibility)

### University Insurance Benefits Program

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**Co-Pay**

<table>
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<tr>
<th>Maximum Coverage/Year</th>
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</tr>
</thead>
<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
</tbody>
</table>

**Additional Information:** There is no insurance plan available at this institution. For more information visit: [https://www.burmanu.ca/studentsuccess/accessibility](https://www.burmanu.ca/studentsuccess/accessibility)

### Tips from our Alumni –

“You don’t have to spend a ton of money to eat healthy or organic foods to keep a balanced diet for your diabetes. Just try eating regular meals balanced with carbs, proteins and vitamins.”
**On-Campus Services Available**

- X On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes
  - Accessibility Services Available
  - University Health Insurance Plan
  - Nutrition Information Available On-Campus

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**How to Apply for Accessibility Services**

*Accommodations Service Provider:*

Learning Accommodations Services (LAS)

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Kimberley van Tol at <a href="mailto:studentlife@concordia.ab.ca">studentlife@concordia.ab.ca</a>.</td>
</tr>
</tbody>
</table>

**NOTE:** Documentation should be recent (not older than 3 years). For more information please visit: [www.concordia.ab.ca/students-with-disabilities/](http://www.concordia.ab.ca/students-with-disabilities/).

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**University Insurance Benefits Program**

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Concordia Students’ Association</td>
<td>Great-West Life Assurance Company</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>$3,000.00</td>
<td>45 days</td>
</tr>
</tbody>
</table>

**Additional Information:** Prescription drug coverage is based on the National Formulary.

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**Tips from our Alumni –**

“It’s hard to predict food’s impact on your BG. The important factor is the total amount of carbs. If you need help with carb counting, visit your diabetes team for a refresher course before you leave for school. There are also lots of apps you can download to help you with this.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Accessibility Supports & Disability Services

Documents Needed: Physician Documentation

Apply by Phone
Apply Online
Send an Email @

Call Jocelyn Smith at 780-539-2915 to schedule an appointment with the Accessibility Coordinator.
Email JOSmith@GPRC.ab.ca to schedule an appointment with the Accessibility Coordinator.

NOTE: Documentation must include the functional impact of the disability on academic performance and any recommendations for accommodations in the academic environment.
To download the handbook for more information please visit:
https://www.gprc.ab.ca/doc.php?d=DISABILITYSRVHBK

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Students' Association of Grande Prairie Regional College</td>
<td>The Campus Trust</td>
<td>September 1st to August 31st (of each school year)</td>
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<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>$3,000.00</td>
<td>4 weeks</td>
</tr>
</tbody>
</table>

Additional Information: Prescription drug coverage is based on the Student Managed Drug Formulary.

Tips from our Alumni –

“Colleges and universities have many activities and sports teams. Joining a team or club is a great way to establish a routine and also to meet new people. Regular physical activity is really important to maintaining good blood sugars.”
On-Campus Services Available

- ✓ On-Campus Healthcare Clinic
- ✓ Accessibility Services Available
- X On-Campus Pharmacy
- ✓ University Health Insurance Plan
- X Social Supports for Students with Diabetes
- X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

**Accommodations Service Provider:**
*Counselling and Accessibility Services*

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email</th>
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</thead>
<tbody>
<tr>
<td>Call 780-791-8934 to schedule an appointment with a Counsellor.</td>
<td>Email <a href="mailto:disability.services@keyano.ca">disability.services@keyano.ca</a> to schedule an appointment with a Counsellor.</td>
<td></td>
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</tbody>
</table>

**NOTE:** Drop in at Keyano Wellness Services (CC260, main campus) or Accessibility Services (CC167, right across from the Library)

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Studentcare</td>
<td>Desjardins Financial Security Life Assurance Company</td>
<td>September 1st to June 30th</td>
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</table>

**Co-Pay**

<table>
<thead>
<tr>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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</thead>
<tbody>
<tr>
<td>20%</td>
<td>$3,000.00</td>
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<tr>
<td></td>
<td>8 weeks</td>
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</table>

**Additional Information:** Prescription drug coverage is based on the National Formulary.

Tips from our Alumni –

“*Your teachers or professors probably won’t know anything about diabetes unless they’ve had other students in their classes with diabetes. So tell them what to expect, what to look out for, and what you’ll need during the school year and exams/tests.*”
### On-Campus Services Available

- ✓ On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- ✓ University Health Insurance Plan
- X Nutrition Information Available On-Campus

### How to Apply for Accessibility Services

**Accommodations Service Provider:** Accessibility Services

**Documents Needed:** Physician Documentation

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email</th>
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</thead>
<tbody>
<tr>
<td>Call Tami Smith at 780-871 5457 to schedule an appointment with an Accessibility Advisor.</td>
<td>Email <a href="mailto:tami.smith@lakelandcollege.ca">tami.smith@lakelandcollege.ca</a> to schedule an appointment.</td>
<td></td>
</tr>
</tbody>
</table>

**NOTE:** It is best to let the College know about your learning needs before you arrive on campus. To guarantee accommodations we recommend you contact us prior to your program/course start date. Bring all your current documents that describe your needs. Speak with an accessibility advisor, to discuss potential accommodation. For more information please visit: [https://web.lakelandcollege.ca/commons/accessibility-services/](https://web.lakelandcollege.ca/commons/accessibility-services/).

### University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Lakeland College Students’ Association</td>
<td>MyStudentPlan</td>
<td>12 months (from the first day of the month the program begins)</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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</thead>
<tbody>
<tr>
<td>10%</td>
<td>$3,000.00</td>
<td>45 days</td>
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</table>

**Additional Information:** Prescription drug coverage is based on the National Drug Formulary.

### Tips from our Alumni –

“If you’re living on campus, see if you can get a meeting with the resident assistant (RA) to go over emergency procedures. Offer to give the RA a glucagon kit (including directions on how to use it) in case you have a severe “low.”
### On-Campus Services Available

- ✓ On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- ✓ University Health Insurance Plan
- X Nutrition Information Available On-Campus

### How to Apply for Accessibility Services

**Accommodations Service Provider:** Accessibility Services

**Documents Needed:** Not Specified

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
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<tbody>
<tr>
<td>Call 403-320-3202 ext. 5400 to schedule an appointment with an advisor.</td>
<td>Email <a href="mailto:accessibilityservices@lethbridgecollege.ca">accessibilityservices@lethbridgecollege.ca</a> to schedule an appointment with an advisor.</td>
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### University Insurance Benefits Program

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<tr>
<th>Administration</th>
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<tbody>
<tr>
<td>Lethbridge College Students’ Association</td>
<td>MyStudentPlan</td>
<td>September 1&lt;sup&gt;st&lt;/sup&gt; to August 31&lt;sup&gt;st&lt;/sup&gt; (of each school year)</td>
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<tbody>
<tr>
<td>20%</td>
<td>$3,000.00</td>
<td>45 days</td>
</tr>
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</table>

**Additional Information:** Prescription drug coverage is based on the National Formulary.

### Tips from our Alumni –

“The stress of exams can really upset your blood glucose levels. Stress often makes your glucose levels rise anyways, but if you’re studying and snacking all day, and not doing much physical activity, your blood glucose is likely to spike even higher.”
### On-Campus Services Available
- ✓ On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- ✓ University Health Insurance Plan
- X Nutrition Information Available On-Campus

### How to Apply for Accessibility Services

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**NOTE:** Appointments can be made in person in Room 7-198 at the City Centre Campus. For more information please visit: [https://www.macewan.ca/wcm/StudentAffairs/ServicesToStudentsWithDisabilities/index.htm](https://www.macewan.ca/wcm/StudentAffairs/ServicesToStudentsWithDisabilities/index.htm)

### University Insurance Benefits Program

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<tbody>
<tr>
<td>Students' Association of MacEwan University</td>
<td>MyStudentPlan</td>
<td>September 1st to August 31st (of each school year)</td>
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</thead>
<tbody>
<tr>
<td>20%</td>
<td>$3,000.00</td>
<td>45 days</td>
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</table>

**Additional Information:** Prescription drug coverage is based on the NASA Formulary.

### Tips from our Alumni –

“Dining hall meals are often rotated throughout the year with a fixed menu. Ask if it’s possible to weigh/measure out dining hall portions at the beginning of the year so that you get used to the portion sizes and the amount of carbs in each meal.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Accessibility Services

Documents Needed: Physician Documentation

Apply by Phone

Apply Online

Send an Email @

Call Tara Watkins at 403-529-3824 to schedule an appointment with an advisor.

Email twatkins@mhc.ab.ca to schedule an appointment with an advisor.

NOTE: For more information about Accessibility Services please visit: https://www.mhc.ab.ca/services/academicsupport/accessibilityservices.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
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<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Students' Association of Medicine Hat College</td>
<td>The Campus Trust</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

Co-Pay  | Maximum Coverage/Year | Blackout Period |
--------|-----------------------|-----------------|
20%      | $3,000.00             | 4 weeks (avoided if registered online) |

Additional Information: Plan covers insulin, diabetic supplies including insulin syringes and needles, diagnostic reagents for the diagnosis and monitoring of diabetes, and lancets. Blood glucose monitors are covered to a maximum of $500.00 per student year, and insulin pumps to a maximum of $500.00 per lifetime.

Tips from our Alumni –

“Find out what your healthcare costs are. Find out if you’re covered under your parent’s health insurance when you go away to school. Find out what the out-of-pocket expenses are. Don’t be surprised if the prescription costs at a new pharmacy may be different than what you’re used to.”
### On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

### Accessibility Services Available

- University Health Insurance Plan

### Nutrition Information Available On-Campus

### How to Apply for Accessibility Services

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<th>Send an Email @</th>
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<tbody>
<tr>
<td>Call 403-440-6868 to schedule an appointment with an Access Advisor.</td>
<td>Public Accommodation Request Form: <a href="https://mtroyal-accommodate.symplicity.com/public_accommodation/">https://mtroyal-accommodate.symplicity.com/public_accommodation/</a></td>
<td>Email <a href="mailto:accessibility@mtroyal.ca">accessibility@mtroyal.ca</a> to schedule an appointment with an Access Advisor.</td>
</tr>
</tbody>
</table>

**NOTE:** For more information please visit: [http://www.mtroyal.ca/AcademicSupport/ResourcesServices/AccessibilityServices/index.htm](http://www.mtroyal.ca/AcademicSupport/ResourcesServices/AccessibilityServices/index.htm).

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<th>Administration</th>
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<tbody>
<tr>
<td>Students’ Association of Mount Royal University</td>
<td>MyStudentPlan</td>
<td>September 1&lt;sup&gt;st&lt;/sup&gt; to August 31&lt;sup&gt;st&lt;/sup&gt; (of each school year)</td>
</tr>
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</table>

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<tr>
<td>20%</td>
<td>$3,000.00</td>
<td>45 days</td>
</tr>
</tbody>
</table>

**Additional Information:** Prescription drug coverage is based on the National Formulary.

### Tips from our Alumni –

“Some doctors require you to have lab work done prior to your first appointment, while others do it in office. Before your first appointment with your new adult diabetes team or doctor, find out what paperwork is required and how to transfer your information to the new clinic.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic  ✓ Accessibility Services Available
X On-Campus Pharmacy  ✓ University Health Insurance Plan
X Social Supports for Students with Diabetes  X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Services for Students with Disability

Documents Needed: Physician Documentation

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email</th>
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<tbody>
<tr>
<td>Call 780-644-6055 to schedule an appointment with a Student Support Specialist.</td>
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</tbody>
</table>

NOTE: Appointments can be booked in person at Student Life reception (A125). Students must apply for accommodations a minimum of three months prior to the start of a term. For more information please visit: www.norquest.ca/resources-services/student-services/services-for-students-with-disabilities.aspx.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students’ Association of NorQuest College</td>
<td>MyStudentPlan</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

Co-Pay | Maximum Coverage/Year | Blackout Period
--- | --- | ---
20% | $1,500.00 | 45 days

Additional Information: Prescription drug coverage is based on the National Formulary.

Tips from our Alumni –

“When you transition to college, you won’t have a regular schedule, your parents won’t be around, you’ll meet new friends, and experience new adventures. It’s tempting to let diabetes take a back seat and just let things slide in the beginning. Make sure your health remains your first priority – continue to test often, adjust your insulin and try to maintain a healthy diet.”
Apply by Phone

Call 780-378-6135 to schedule an appointment with an advisor.

Apply Online

Email learningservices@nait.ca with your name, phone number and nature of your disability. An advisor will contact you to set up an intake appointment.

Send an Email @

dan Email @

Call 780-378-6135 to schedule an appointment with an advisor.

Email learningservices@nait.ca with your name, phone number and nature of your disability. An advisor will contact you to set up an intake appointment.

How to Apply for Accessibility Services

Accommodations Service Provider:

Learning Services

Documents Needed: Physician Documentation

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>NAIT Students’ Association</td>
<td>Great-West Life Assurance Company</td>
<td>September 1st to August 31st</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(of each school year)</td>
</tr>
<tr>
<td>Co-Pay</td>
<td>Maximum Coverage/Year</td>
<td>Blackout Period</td>
</tr>
<tr>
<td>20%</td>
<td>$3,000.00</td>
<td>45 days</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers 80% to a maximum of $150.00 during a 5 year period for blood glucose meters.

Tips from our Alumni –

"Don’t be afraid to use the disability services available to you on campus. The accessibility accommodations for diabetes at my college made exams a lot less stressful. I got to bring my diabetes supplies with me to my desk, so I wasn’t as worried about going low and I could concentrate more on the exam itself."

"My mom worried about me a lot during my first year away. I would send her a quick text message before my first class each day so she knew I was up. She appreciated it, and it also meant she wasn’t always calling to check up on me.”
On-Campus Services Available

- ✔ On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- ✔ Accessibility Services Available
- ✔ University Health Insurance Plan
- ✔ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Accessibility Services

Documents Needed: Physician Documentation

Apply by Phone
Call Accessibility Services 403-507-7945 to schedule an appointment with a Student Disability Advisor.

Apply Online
Visit https://www.formstack.com/forms/?1678482-jtaq57GBix to apply for Services for Students with Disabilities.

Send an Email @
Email Accessibility Services at accessibility@oldscollege.ca

NOTE: Students must contact Student Services three to six months before their program begins. For more information please visit: https://www.oldscollege.ca/student-life/student-health-wellness/accessibility-services/index.html

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students’ Association of Olds College</td>
<td>MyStudentPlan</td>
<td>12 months (from the first day of the month your program begins)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>$3,000.00</td>
<td>45 days</td>
</tr>
</tbody>
</table>

Additional Information: Prescription drug coverage is based on the National Formulary.

Tips from our Alumni –

“Ordering supplies once a month may have been easy when you’re living with parents and going to your peds clinic all the time. But once you’re in college, life gets busier, the pharmacy may be farther, and it could be a lot more difficult to get your supplies. Order at least 3 months of supplies before you start school so you’re covered until Thanksgiving or Christmas.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- Accessibility Services Available
- On-Campus Pharmacy
- University Health Insurance Plan
- Social Supports for Students with Diabetes
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Disability Resources, Room 1006

Documents Needed: Physician Documentation

Apply by Phone
Call 403-357-3629 to schedule an appointment with a Disability Resources Coordinator.

Apply Online
Send an Email @
Email disabilityservices@rdc.ab.ca to schedule an appointment with a Disability Resources Coordinator.

NOTE: In order to be eligible to access accommodations, Disability Resources requires medical or psycho-educational assessment documentation from an approved professional, preferably three months in advance of your program start date. For more information please visit: https://rdc.ab.ca/future-students/services/disability-resources/disability-resources.

University Insurance Benefits Program

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<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Students’ Association of Red Deer College</td>
<td>MyStudentPlan</td>
<td>September 1st to August 31st (of each school year)</td>
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</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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</thead>
<tbody>
<tr>
<td>20%</td>
<td>$3,000.00</td>
<td>45 days</td>
</tr>
</tbody>
</table>

Additional Information: Prescription drug coverage is based on the National Formulary.

Tips from our Alumni –

“Find out where the vending machines are in every building you have classes in and always have change in your bag in case you have a lot and need to pick up juice or candy while you’re at school.”
On-Campus Services Available

- X On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- X University Health Insurance Plan
- X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Admissions Department

Documents Needed: Physician Documentation

Apply by Phone

Apply Online

Send an Email @

Call Natalie Kelly at 403-984-2978 to schedule an appointment with an advisor.

Email Natalie Kelly at nkelly@robertsoncollege.com

NOTE: For more information please visit: www.robertsoncollege.com. Contact the school to inquire. Accommodations are available on a case-to-case basis.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
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<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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</thead>
<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
</tbody>
</table>

Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“Do not slack off on testing your blood sugars and taking your insulin. Studying with highs and lows can negatively impact your grades. Maintaining good control over your sugars will help you study more effectively. Be more careful during late night cram sessions.”
On-Campus Services Available

- ✓ On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- ✓ University Health Insurance Plan
- ✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Accessibility Services

Documents Needed: Physician Documentation

Apply by Phone
Call 403-774-5093 to schedule an appointment with an Accessibility Advisor.

Apply Online
Send an Email @ accessibility.services@sait.ca to schedule an appointment with an Accessibility Advisor.

NOTE: Contact Accessibility Services at least six months before first day of the semester. For more information please visit: http://www.sait.ca/student-life/academic-support/accessibility-services.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>SAIT Students’ Association</td>
<td>MyStudentPlan</td>
<td>September 1st to August 31st</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(of each school year)</td>
</tr>
</tbody>
</table>

Co-Pay | Maximum Coverage/Year | Blackout Period
---|----------------------|-------------------|
20%     | $3,000.00            | 45 days           |

Additional Information: Prescription drug coverage is based on the National Formulary.

Tips from our Alumni –
“Stock your room! Have all necessary items immediately accessible. Try and organize everything beforehand so you know where everything is when you need it.”
On-Campus Services Available

X On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes

✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Disability and Accommodation Services

Documents Needed: Physician Documentation

Apply by Phone
Apply Online
Send an Email @

Online Form:
https://www.kingsu.ca/current-students/forms/accommodation-request

Email accessibility@kingsu.ca to schedule an appointment with a Student Success Coordinator

NOTE: Documentation must be recent (not older than 3 years).

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>The King's University Students’ Association</td>
<td>WeSpeakStudent.com</td>
<td>September 1&lt;sup&gt;st&lt;/sup&gt; to August 31&lt;sup&gt;st&lt;/sup&gt; (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>10% plus any dispensing fee in excess of $10.00</td>
<td>$3,500.00</td>
<td>Not Specified</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin injectibles and supplies, including syringes, needles, diagnostic test strips, glucometers, alcohol swabs, and lancets.

Tips from our Alumni –

“Most students with diabetes don’t register for accessibility accommodations either because they don’t know about them or they don’t feel they need them. But do it any way. Ask and apply for them even if you never use them, it’s safer to have them in place during periods of high stress or anxiety, especially during exams.”
On-Campus Services Available

- ✓ On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- ✓ University Health Insurance Plan
- X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

**Accommodations Service Provider:**
Accommodated Learning Centre

**Documents Needed:** Physician Documentation

**Apply by Phone**
Call 403-329-2766 to schedule an appointment with an advisor.

**Apply Online**
Send an Email @
Email trish.jackson@uleth.ca to schedule an appointment with an advisor.

**University Insurance Benefits Program**

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of Lethbridge Students' Union</td>
<td>Medavie Blue Cross</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>$5,000.00</td>
<td>4 weeks</td>
</tr>
</tbody>
</table>

*can avoid blackout by registering with Direct2U

**Additional Information:** Plan covers diabetic supplies, including test strips and needles, and glucometers. Using Direct 2U Prescription Delivery will cover 100% cost of generic prescriptions.

**Tips from our Alumni**

“Always have your low supplies with you. Depending on the size of your campus, how far you live from campus, or the distance from the parking lot to your classes, you may find that you’re getting a lot more exercise than you’re used to. Also be prepared for different levels of physical activity from day to day depending on your schedule.”

Guide for Successful Transition to College and University, Canadian 4th Edition, August 2018
Copyright © 2013-2018 Diabetes Hope Foundation. All rights reserved.
On-Campus Services Available
✓ On-Campus Healthcare Clinic
✓ On-Campus Pharmacy
✓ Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Student Accessibility Services

Documents Needed: Physician Documentation OR Verification of Disability Form

Apply by Phone
Call 780-492-3381 to schedule an appointment with an advisor.

Apply Online
Online Intake Form: https://clock.uss.ualberta.ca/clockwork/user/intake/default.aspx

Send an Email @
Email sasrec@ualberta.ca to schedule an appointment with an adviser.

NOTE: Completed forms must be submitted BEFORE intake appointment. Completed forms can be emailed or delivered to SAS Reception in the Students’ Union Building 1-80. For more information please visit: http://www.ssds.ualberta.ca.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of Alberta Students' Union</td>
<td>Desjardins Financial Security</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $8.00</td>
<td>$10,000.00</td>
<td>8 weeks (September 1st to October 31st)</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin and diabetes supplies.

Tips from our Alumni –
“Diabetes is a lot of work on its own without exams and assignments. Take advantage of the resources and support systems available. It will make it a lot easier.”

“If you are taking part in a high risk activity like hiking or canoeing, it’s important to let those going with you know about your diabetes in case of an emergency. It’s always better to be safe than sorry.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Documents Needed: Documentation of Medical Condition Form AND Registration and Consent Form OR Physician Documentation

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 403-10-6019 to schedule an appointment with an Access Advisor.</td>
<td>Registration and Consent Form: <a href="https://ucalgary.ca/access/files/access/registration-form_new-aug-2017.pdf">https://ucalgary.ca/access/files/access/registration-form_new-aug-2017.pdf</a></td>
<td>Email <a href="mailto:access@ucalgary.ca">access@ucalgary.ca</a> to request for forms and schedule an appointment with an Access Advisor.</td>
</tr>
</tbody>
</table>

NOTE: Completed forms must be submitted BEFORE intake appointment is scheduled. Completed forms can be faxed to 403-210-1063 or submitted in person – MacEwan Student Centre, Room 452. For more information please visit: [http://www.ucalgary.ca/access](http://www.ucalgary.ca/access).

University Insurance Benefits Program

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<tr>
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<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of Calgary Students’ Union</td>
<td>Gallvian: Student Health &amp; Wellness</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>$3,000.00</td>
<td>45 days</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin. Blood glucose monitors are also covered to a maximum of $150.00 every 5 years.

Tips from our Alumni –

“If you are not aware of the benefits of your health plan, visit the insurance provider’s website or talk to your Student Union. My Student Union Representative was really friendly and helped me to understand the health plan a lot better.”
5

BRITISH COLUMBIA
Legal Protections
For Students with Diabetes in British Columbia

British Columbia Human Rights Code
The Human Rights Code of British Columbia was enacted in 1973, ensuring all people of British Columbia equal rights and opportunities without discrimination in specific areas such as jobs, housing and services. The code's goal is to prevent discrimination and harassment of the basis of such areas as race, colour, sex, sexual orientation, disability, creed and age.

British Columbia Medical Service Plan

Eligibility
Residents of British Columbia are eligible and are required to enrol themselves and their dependents with MSP.

Under the Medicare Protection Act, a resident is defined as a person who meets all of the following conditions:

- Is a citizen of Canada or is lawfully admitted to Canada for permanent residence, makes his or her home in B.C., and
- Is physically present in B.C. at least six months in a calendar year (Jan 1 – Dec 31).

Coverage

Physicians
All medically required services provided by a physician, including Endocrinologists.

Diabetes Supplies and Insulin
Uninsured by MSP. Coverage under Fair PharmaCare Plan.

Other Healthcare Providers
Coverage of Diabetes Education Teams and Centres.

Dental Services in Hospital
Dental and oral surgery, when medically required to be performed in a hospital are covered.

Eye Care
Medically required eye examinations provided by an Ophthalmologist or Optometrist for all those between 18 to 65 years with medical conditions requiring regular eye examinations; including diabetes.
Other Listed Insured Services
- Maternity care provided by a physician or a midwife.
- Diagnostic services, including x-rays and laboratory services, provided at approved diagnostic facilities, when ordered by a registered physician, midwife, podiatrist, dental surgeon or oral surgeon.
- Orthodontic services related to severe congenital facial abnormalities.

Listed Uninsured Services
MSP does not provide coverage for the following:
- Services that are deemed to be not medically required, such as cosmetic surgery
- Dental services, except those medically required and done in hospital
- Routine eye examinations for persons 19 to 64 years of age
- Eyeglasses, hearing aids, and other equipment or appliances
- Prescription drugs
- Chiropractic, massage therapy, naturopathy, physical therapy and non-surgical podiatry services (except for MSP beneficiaries with premium assistance status)
- Preventive services and screening tests not supported by evidence of medical effectiveness (for example, routine annual "complete" physical examinations, whole body CT scans, prostate specific antigen (PSA) tests);
- Services of counsellors or psychologists
- Medical examinations, certificates or tests required for: driving a motor vehicle, employment, life insurance, school or university, recreational and sporting activities and immigration purposes

Other Benefits and Services

Fair PharmaCare Plan – Includes Insulin Pump Therapy Program
BC's Fair PharmaCare plan provides B.C. families with coverage for eligible prescription drugs and designated medical supplies, based on their net income. Fair PharmaCare also ensures that B.C. residents, regardless of income, are protected from catastrophic drug costs.

Subject to annual quantity limits, the BC Fair PharmaCare Plan covers test strips, needles and syringes, and insulin. Registered plan members under the age of 25 with type 1 diabetes are also eligible for insulin pump coverage. Both children and adults are eligible for the coverage of insulin and other pump supplies. PharmaCare covers 100% of the cost of one of the approved insulin pumps every five years, subject to the rule of your PharmaCare plan.

All eligible British Columbians are encouraged to register for the plan. Coverage begins as soon as an individual is registered.

There is a deductible for each family/individual, which is based on a net income. After the deductible is reached PharmaCare will cover a certain percentage of all drugs. The percentage covered is also dependant on an annual income.

For more on Fair PharmaCare please visit: http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/about-pharmacare.

For more information on insulin pumps and supplies please visit: http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/medical-supplies-coverage/insulin-pumps-insulin-pump-supplies.
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

Accessibility Services Available

- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

**Accommodations Service Provider:**
Campus Director

Apply by Phone

Call the Director of Student Affairs, Scott Marsden at 604-681-5815 ext 210.

Apply Online

Send an Email @

Email s.marsden@alexandercollege.ca

**NOTE:** Students should contact the campus director prior to starting the school year. Due to the size of the campus, accommodations are provided on a case by case basis.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
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<tr>
<td>Co-Pay</td>
<td>Maximum Coverage/Year</td>
<td>Blackout Period</td>
</tr>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
</tbody>
</table>

**Additional Information:** Medical insurance coverage is mandatory for all residents of British Columbia. The College provides information and assistance by helping students to secure access to provincial healthcare or by connecting students with a suitable insurance provider.

Tips from our Alumni –

“In college, there is a lot of peer pressure (smoking, drinking etc.) at parties or when you’re just out with friends. Diabetes is often a really good excuse to say ‘no thanks, I have diabetes and doing this would make me really sick’. Most people would understand, and it’s not a big deal.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Student Services

Documents Needed: Physician documentation

Apply by Phone

Call Carrie Williamson at 604-899-0803 ext. 127 to book an appointment.

Apply Online

Send an Email @

Email cwilliamson@ashtoncollege.ca.

NOTE: Must be provided at time of enrollment. Documentation must include recommended accommodations and must have been made within 5 years of the application for enrollment. For more information visit the Students Accessibility Policy at: http://www.ashtoncollege.ca/wp-content/uploads/2016/12/1028-Students-Accessibility.pdf

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<td>Co-Pay</td>
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</tr>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
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</tbody>
</table>

Additional Information: There is no insurance coverage available at this institution.

Tips from our Alumni –

“If you plan to commute back and forth from home to school (whether riding in a car or driving yourself), a low blood glucose level is dangerous. Driving while low is worse than drinking and driving. Make sure you test before you get in a car, even if it’s for a very short distance.”
### On-Campus Services Available

<table>
<thead>
<tr>
<th>Service</th>
<th>Available/Not Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-Campus Healthcare Clinic</td>
<td>X</td>
</tr>
<tr>
<td>On-Campus Pharmacy</td>
<td>X</td>
</tr>
<tr>
<td>Social Supports for Students with Diabetes</td>
<td>X</td>
</tr>
<tr>
<td>Accessibility Services Available</td>
<td>✓</td>
</tr>
<tr>
<td>University Health Insurance Plan</td>
<td>X</td>
</tr>
<tr>
<td>Nutrition Information Available On-Campus</td>
<td>X</td>
</tr>
</tbody>
</table>

### How to Apply for Accessibility Services

**Accommodations Service Provider:**
*Educational Advisor*

**Documents Needed:**
- Physician documentation AND Special Learning Requirements Form

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 604-430-5608 to schedule an appointment with an educational advisor.</td>
<td>Email <a href="mailto:study@brightoncollege.com">study@brightoncollege.com</a> to make an appointment with an educational advisor</td>
<td></td>
</tr>
</tbody>
</table>

**NOTE:** Contact the Educational Advisor specific to your program for assistance with applying for accommodations.

### University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
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<th>Duration</th>
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<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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</thead>
<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
</tbody>
</table>

**Additional Information:** There is no insurance plan available at this institution. Proof of insurance is required. Student plans are available for an additional cost.

### Tips from our Alumni –

“When you transition from high school to college you’ll meet a lot of new people, most of whom won’t know that you have diabetes. Consider getting a Medical Alert bracelet. This is especially important if you go away for school. Some of them look just like a normal charm bracelet or sports band.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Centre or Accessible Learning

Documents Needed: Physician Documentation

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 250-370-4049 to schedule an appointment with a Disability Resource Advisor.</td>
<td>Disability Application Form: <a href="https://studentaidbc.ca/sites/all/files/form-library/appendixon_8.pdf">https://studentaidbc.ca/sites/all/files/form-library/appendixon_8.pdf</a></td>
<td>Email <a href="mailto:accessible@camosun.ca">accessible@camosun.ca</a> to schedule an appointment with a Disability Resource Advisor.</td>
</tr>
</tbody>
</table>

NOTE: Appointments can be scheduled in person at Camosun College Lansdowne Centre for Accessible Learning Alan Batey Library & Learning Commons 152, 3100 Foul Bay Rd, Victoria BC V8P 5J2 For more information, please visit http://camosun.ca/services/disability-resource-centre/

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Camosun College Student Society</td>
<td>MyStudentPlan</td>
<td>12 months (starting with the first day of the month your program begins)</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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<tbody>
<tr>
<td>20%</td>
<td>$3,000.00</td>
<td>45 days</td>
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</table>


Tips from our Alumni –

“Don’t forget about putting together back-up supplies before you start school, including a back-up meter from your soon-to-be former endocrinologist. It’s a good idea to have a second meter in case your first one breaks or gets lost.”
### On-Campus Services Available

- X On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- X Accessibility Services Available
- X University Health Insurance Plan
- X Nutrition Information Available On-Campus

### How to Apply for Accessibility Services

**Accommodations Service Provider:** Not Applicable

**Documents Needed:** Not Applicable

**Apply by Phone** | **Apply Online** | **Send an Email @**
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**NOTE:** There are no accessibility accommodations available at this institution.

### University Insurance Benefits Program

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<tr>
<th>Administration</th>
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</table>

**Additional Information:** There is no insurance plan available at this institution.

### Tips from our Alumni –

“Before you start college, talk to your family and put together a communication plan so that you get the freedom that you want and your parents have the peace of mind that they need. This will help you avoid conflict with your parents if they’re not checking up on you and your diabetes all the time.”
### On-Campus Services Available

<table>
<thead>
<tr>
<th>On-Campus Healthcare Clinic</th>
<th>Accessibility Services Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>X On-Campus Pharmacy</td>
<td>X University Health Insurance Plan</td>
</tr>
<tr>
<td>X Social Supports for Students with Diabetes</td>
<td>X Nutrition Information Available On-Campus</td>
</tr>
</tbody>
</table>

### How to Apply for Accessibility Services

**Accommodations Service Provider:** Accessibility Services  

**Documents Needed:** Physician Documentation

**Apply by Phone**  
Call 250-561-5838 to schedule an appointment with an Accessibility Services Advisor.

**Apply Online**  
Email access@cnc.bc.ca to schedule an appointment with an Accessibility Services Advisor.

**Send an Email @**

**NOTE:** Be sure to bring documentation with you to the appointment. Documentation must be current (within five years). Appointments must be made at least four months prior to the start of classes. For more information please visit: [http://www.cnc.bc.ca/Exploring/Services/student_services/Accessibility_Services.htm](http://www.cnc.bc.ca/Exploring/Services/student_services/Accessibility_Services.htm).

### University Insurance Benefits Program

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<td><strong>Maximum Coverage/Year</strong></td>
<td><strong>Blackout Period</strong></td>
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<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
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</table>

**Additional Information:** There is no insurance plan available at this institution.

### Tips from our Alumni –

“Before you start school in the fall, get new bags. Make sure you have a couple different bags that can carry all your stuff (laptop, text books, cell phone etc.) and diabetes supplies. This is especially important if you’re traveling back and forth between home and school.”
### Closest Diabetes Program:
Cranbrook Health Centre
Diabetes Education Program
20 23rd Avenue South
Cranbrook BC V1C 5V1
250-420-2200

### Closest Endocrinologist:
Dr. E. Janbey
25 12th Avenue South
Cranbrook BC V1C 2R7
250-426-1995

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### On-Campus Services Available

- X On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- ✓ University Health Insurance Plan
- X Nutrition Information Available On-Campus

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### How to Apply for Accessibility Services

**Accommodations Service Provider:**

*Accessibility Services*

**Documents Needed:**

Verification of Permanent Disability Form

**Apply by Phone**

Contact Accessibility Services Coordinator - Cranbrook Campus; Chris McHolm at 250-489-8243 ext. 3243

**Apply Online**

Download forms at https://studentaidbc.ca/form-library

Email cmcholm@cotr.bc.ca to schedule an appointment with Accessibility Coordinator

**Send an Email @**

NOTE: Apply three months prior to commencing studies. For more information please visit http://www.cotr.bc.ca/accessibility/.

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### University Insurance Benefits Program

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<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>College of the Rockies Students’ Association</td>
<td>Pacific Blue Cross</td>
<td>September 1 - October 31</td>
</tr>
</tbody>
</table>

**Co-Pay**

- 20%

**Maximum Coverage/Year**

- No Maximum

**Blackout Period**

- 2 Months (Sept 1 - Oct 31)

**Additional Information:**

Covers most insulin and diabetic supplies.

---

### Tips from our Alumni –

“Do consider getting a Cold Bag to go inside your other bags. Make sure you have something that will keep your insulin cool if you’re traveling, away for the weekend or on a road trip with your friends. In college, you could sometimes be out all day and most of the night on just a regular school day.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

**Documents Needed:** *Physician Documentation*

**Apply by Phone**

**Apply Online**

Send an Email @

Email Dr. Trevor Toone, Principal at ttoone@columbiacollege.ca for more information and to make an appointment with a Counsellor.

NOTE: No other accessibility accommodations information available.

University Insurance Benefits Program

<table>
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<tr>
<th>Administration</th>
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<th>Duration</th>
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<td>Blackout Period</td>
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<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
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</table>

Additional Information: Proof of insurance is required. Resources are available to help connect students to plans.

Tips from our Alumni –

“Whether you’re staying at home or going away to school, you should have a Sick Day Kit ready when you’re feeling sick. As a student with diabetes, it’s important to be prepared for sick days and the highs and lows that come with it.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

✓ Accessibility Services Available
✓ University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Centre for Students with Disabilities, Rm 4600

Documents Needed: Physician Documentation

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 604-527-5486 to schedule an appointment with a Facilitator.</td>
<td>Documents Required: <a href="http://www.douglascollege.ca/student-services/support/centre-for-students-with-disabilities/documentation">http://www.douglascollege.ca/student-services/support/centre-for-students-with-disabilities/documentation</a>.</td>
<td>Email <a href="mailto:stuserv@douglascollege.ca">stuserv@douglascollege.ca</a> to schedule an appointment with a Facilitator.</td>
</tr>
</tbody>
</table>

NOTE: Documentation should be typed on letterhead, dated and include the practitioner's name, title, phone/fax, mailing address and signature. For more information please visit http://www.douglascollege.ca/student-services/support/centre-for-students-with-disabilities.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Douglas Students' Union</td>
<td>Green Shield Canada</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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</thead>
<tbody>
<tr>
<td>20%</td>
<td>$3,000.00</td>
<td>45 days</td>
</tr>
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</table>

Additional Information: 100% of diabetic supplies are covered (monitors and lancets).

Tips from our Alumni –

“At the beginning of the school year, look around to find the closest pharmacy to your school and how to get there. Once you find a pharmacy that works for you, put the pharmacist’s contact information into your phone so that you have the information ready when you need re-fills or have questions about your medications.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

Access to Accommodations Service Provider:
- Accessibility Services Available
- University Health Insurance Plan

How to Apply for Accessibility Services

- **Apply by Phone**: Call 604-844-3081 to schedule an appointment with the Accessibility Service Coordinator.
- **Apply Online**: Submit online accommodation request: [http://www.connect.ecuad.ca/access/acc_request](http://www.connect.ecuad.ca/access/acc_request)
- **Send an Email**: Email accessibility@ecuad.ca to schedule an appointment with the Accessibility Service Coordinator.

**NOTE**: Documentation must be current (within five years) and must include a diagnosis, statement of impact, and whether the disability is temporary or permanent. Also, must indicate that academic accommodations are necessary. Documentation: [http://www.connect.ecuad.ca/studentservices/accessibility/forms](http://www.connect.ecuad.ca/studentservices/accessibility/forms) For more information please visit: [http://www.connect.ecuad.ca/studentservices/accessibility](http://www.connect.ecuad.ca/studentservices/accessibility)

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Emily Carr Students' Union</td>
<td>Green Shield Canada</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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</thead>
<tbody>
<tr>
<td>20%</td>
<td>$1,500.00</td>
<td>8 Weeks (September- October)</td>
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</table>

**Additional Information**: Plan includes insulin and all other approved injectibles, as well as related supplies such as diabetic syringes, needles and testing agents. Reasonable and customary charges are reimbursed for diabetic equipment, such as blood glucose monitors and lancets.

**Tips from our Alumni**

“When possible, try and stay away from extremely carb heavy items like pasta, fried foods and desserts. It’s always a bit challenging to find healthy food on campus, but try and choose more protein, vegetables, fruits and healthier options (wheat bread, brown rice or baked potatoes instead of fries).”
On-Campus Services Available

X On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Services for Students with Disabilities

Documents Needed: Physician Documentation

Apply by Phone
Call Genevieve Durchame, Disability Assistant 604-599-2741

Apply Online
Send an Email @
Email genevieve.durchame@kpu.ca to schedule an appointment with the Disability Assistant.

NOTE: Documentation must be current within three to five years and indicate the functional impact/limitations of the disability in a post-secondary environment, as well as the academic accommodation requirements. For more info please visit: http://www.kpu.ca/ssd.

University Insurance Benefits Program

<table>
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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Kwantlen Student Association</td>
<td>MyStudentPlan</td>
<td>12 months (starting with the first day of the month your program begins)</td>
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</table>

Co-Pay

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<tr>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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<tbody>
<tr>
<td>20%</td>
<td>$3,000.00</td>
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<tr>
<td></td>
<td>45 days</td>
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Additional Information: Prescription drug coverage is based on the BC Provincial Formulary.

Tips from our Alumni –

“If you're living on campus, dorm rooms are not very big and you'll probably be sharing a room in the first year. Plan storage for your diabetes supplies (e.g. plastic bins, big bags or loft your bed to create more storage under your bed etc.) to keep your stuff together without taking up too much room.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic

✓ Accessibility Services Available

✓ On-Campus Pharmacy

✓ University Health Insurance Plan

✓ Social Supports for Students with Diabetes

✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:

Disability Services

Documents Needed: Physician Documentation OR Verification of Permanent Disability

Apply by Phone

Call Karli Thomas, Office Assistant, at Reception at 604-323-5283 to schedule an intake or follow-up appointment.

Apply Online

Download Request for Accommodations form:

Send an Email @

Email disabilityservices@langara.bc.ca to schedule an intake or follow-up appointment.

NOTE: Students must make an intake appointment with Disability Services and provide the appropriate medical documentation, preferably at least three months prior to the start of the semester to allow adequate time to arrange accommodations. For more information please visit: http://langara.ca/student-services/disability-services/index.html.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Langara Students’ Union</td>
<td>Pacific Blue Cross</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
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</thead>
<tbody>
<tr>
<td>10%</td>
<td>No Maximum</td>
<td>8 weeks</td>
</tr>
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</table>

Additional Information: Prescription drug coverage is based on the BC Provincial Formulary.

Tips from our Alumni –

“When you’re out at night with your friends, make sure you bring all your supplies with you, even if it’s just a small meter and tabs. Pick up a small bag for going out at night or arrange to have one of your friends with big pockets to carry it for you.”
**Northern Lights College**

**Address of Main Campus**
11401 8th Street
Dawson Creek BC V1G 4G2
250-782-5251

www.nlc.bc.ca

**Closest Diabetes Program:**
Dawson Creek and District Hospital
Diabetes Education Centre
11100 13th Street
Dawson Creek BC V1G 3W8
250-782-8501 ext.2279

**Closest Endocrinologist:**
Dawson Creek and District Hospital
Diabetes Education Centre
11100 13th Street
Dawson Creek BC V1G 3W8
250-782-8501 ext.2279

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**On-Campus Services Available**

- X On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- X University Health Insurance Plan
- X Nutrition Information Available On-Campus

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**How to Apply for Accessibility Services**

**Accommodations Service Provider:**
Access Services

**Documents Needed:**
Physician Documentation

**Apply by Phone**

Call 250-784-7502 to schedule an appointment with Karen Rea, Access Services Coordinator.

**Apply Online**

Access Services Intake Form: http://www.nlc.bc.ca/Portals/0/documents/Access_Services/Access_Services_Intake.pdf

**Send an Email @**

Email accessservices@nlc.bc.ca to schedule an appointment with an Access Services Coordinator.

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**NOTE:** Some support services take a great deal of time to arrange. It is recommended that potential students contact the College at least three months to the program start date. For more information please visit http://www.nlc.bc.ca/Services/Access-Services.

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**University Insurance Benefits Program**

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<tr>
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</table>

**Additional Information:** There is no insurance plan available at this institution.

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**Tips from our Alumni –**

“**You should try and find time to exercise every day to help you with your BG control. If you can’t find time to do it every day, you should at least aim for every other day. Also try to exercise around the same time every day to help determine what adjustments need to be made.”**
On-Campus Services Available

- On-Campus Healthcare Clinic ✓ Accessibility Services Available
- On-Campus Pharmacy X University Health Insurance Plan
- Social Supports for Students with Diabetes X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Accessibility Services

Documents Needed: To be determined by Accessibility Services Coordinator

Apply by Phone

Call 250-638-5496 to schedule an appointment with Kezia Sinkewicz, Accessibility Services Coordinator.

Apply Online

Email ksinkewicz@nwcc.bc.ca to schedule an appointment with the Accessibility Services Coordinator.

Send an Email @

NOTE: For more information please visit: www.nwcc.bc.ca/accessibility

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<td>No Coverage</td>
<td>No Coverage</td>
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Additional Information: It is the responsibility of each student to ensure that he or she is adequately covered under one of the available Medical Insurance Programs in British Columbia. Information and application forms for medical insurance are available through each College Campus.

Tips from our Alumni –

“The best kind of workout is really whatever you like to do. It could be kick-boxing for one person, cycling with a friend, or participating in an organized team sport. As long as you enjoy it, it will be easy to stick to a regular routine of doing it all the time.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

✓ Accessibility Services Available
✓ University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Accessibility Services

Documents Needed: Physician Documentation

Apply by Phone

Call 250-862-5451 to schedule an appointment with Angela Checkley or Valeries Daoust (Accessibility Service Coordinator).

Apply Online

Documents required:
http://www.okanagan.bc.ca/Student_Services/students/accessibility-services/Documentation_Requirements.html.

Send an Email @

Email acheckley@okanagan.bc.ca or Piper Yacheson, Access Liaison at pyacheson@okanagan.bc.ca.

NOTE: Any student that is looking to study at Okanagan College and may require supports from Accessibility Services should start the intake process approximately three months prior to commencement of their program. It is the student’s responsibility to self-identify and initiate the intake process with Accessibility Services. For more information please visit: http://www.okanagan.bc.ca/Student_Services/students/accessibility-services.html.

University Insurance Benefits Program

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<th>Administration</th>
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<tr>
<td>Okanagan College Students' Union</td>
<td>Green Shield Canada</td>
<td>September 1st to August 31st (of each school year)</td>
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<tbody>
<tr>
<td>20%</td>
<td>$1,500.00</td>
<td>2 months</td>
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</table>

Additional Information: Plan includes all drugs requiring a prescription, insulin and all other approved injectables, as well as related supplies such as diabetic syringes, needles and testing agents.

Tips from our Alumni –

“So diabetes sometimes really sucks. There are days when it sucks more than others. We all go through periods of just being done with it. Don’t give up! Confide and speak to your friends, family, or diabetes team. They are always there for you and a good support system when you need it.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Accessibility Services

Apply by Phone
Call 250-391-2600 ext. 4216 to schedule an appointment with an advisor.

Apply Online
Declaration of Disability Form: http://www.royalroads.ca/sites/default/files/u173/Accessibility/physical_medical_documentation.pdf

Send an Email @
http://www.royalroads.ca/contact/Student-Services-Accessibility-Services

NOTE: For more information please visit: www.royalroads.ca/accessibility-services

University Insurance Benefits Program

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<tbody>
<tr>
<td>Royal Roads University Student Association</td>
<td>Pacific Blue Cross</td>
<td>September 1st to August 31st (of each school year)</td>
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Co-Pay

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<tr>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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<tr>
<td>Unlimited</td>
<td>8 weeks</td>
</tr>
</tbody>
</table>

Additional Information: Prescription drug coverage is based on the BC Provincial Formulary.

Tips from our Alumni –

“Moving from home to college or university, and transitioning to adult care, can be tough on your family. Make sure they are included in your transition and future plans. Talk to them before you leave, and if possible do it with your healthcare team so that everyone is on the same page.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Accessibility Services for Students with Disabilities

Documents Needed: Physician Documentation

Apply by Phone

Call Trish Foy at 250-365-7292 Ext. 21380 to schedule an appointment with an Accessibility Coordinator.

Apply Online

Contact Accessibility Coordinator

http://www.selkirk.ca/email/node/2390/field_email

Send an Email @

NOTE: Accessibility Coordinators, in collaboration with a student with a disability, identify those reasonable accommodations which will contribute to the successful completion of the student’s academic career. For more information please visit: http://selkirk.ca/services/student-support-services/accessibility-services

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Selkirk College Students' Union</td>
<td>Green Shield Canada</td>
<td>September 1st to August 31st</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>$2,000.00</td>
<td>6 Weeks</td>
</tr>
</tbody>
</table>

Additional Information: Plan includes all drugs requiring a prescription, insulin and all other approved injectables, as well as related supplies such as diabetic syringes, needles and testing agents.

Tips from our Alumni –

“During your last appointment with your pediatric diabetes team, talk to them about any concerns or questions you may have about your transition to a new doctor or clinic. If possible, make a list with your parents before you appointment and go over what to expect next year.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
✓ On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Centre for Students with Disabilities

Documents Needed: Application for Services Form, Verification of Disability Form AND Physician Documentation

Apply by Phone
Call 778-782-3112 to schedule an appointment with a Disability Access Advisor.

Apply Online
Disability forms can be downloaded on the following page:
http://www.sfu.ca/students/disabilityaccess/downloadable-forms.html.

Send an Email @
Email csdo@sfu.ca to schedule an appointment with a Disability Access Advisor.

NOTE: Completed forms can faxed to 778-782-4384 or mailed to: 1250 Maggie Benston Centre, Simon Fraser University, Burnaby BC V5A 1S6. Forms can also be submitted in person. For more information please visit: http://www.sfu.ca/students/disabilityaccess.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Simon Fraser Student Society</td>
<td>Desjardins Financial Security</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>No Maximum</td>
<td>8 weeks (September 1st to October 31st)</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers most insulin and diabetic supplies. No other specifics given.

Tips from our Alumni –

“Your schedule is going to be different when you start school, but amidst all this you need to remember to take care of yourself. Make sure no matter how busy you are to always take the time to eat and to get adequate rest. Remember, your health is the most important thing!”

“Always remember, you know your body best. If you don’t feel right, you probably are right! Don’t hesitate to go to the closest clinic or call your doctor or diabetes team.”
Sprott Shaw College

Address of Main Campus
541 Seymour Street
Vancouver BC V6B 3K3
604-265-5415

www.sprottshaw.com

Closest Diabetes Program:
Vancouver General Hospital
Gordon and Leslie Diamond Health Care Centre
2775 Laurel Street
Vancouver BC V5Z 1M9
604-875-5910

Closest Endocrinologist:
Vancouver General Hospital
2775 Laurel Street
Vancouver BC V5Z 1M9
604-875-5910

On-Campus Services Available

| X | On-Campus Healthcare Clinic |
|   | Accessibility Services Available |
| X | On-Campus Pharmacy |
|   | University Health Insurance Plan |
| X | Social Supports for Students with Diabetes |
|   | Nutrition Information Available On-Campus |

How to Apply for Accessibility Services

Accommodations Service Provider: Admissions

| Apply by Phone | Apply Online | Send an Email @ |
|               |             |                |

Documents Needed: Entrance Assessment

NOTE: Contact the school to inquire. Accommodations are available on a case-by-case basis.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
<tr>
<td>Co-Pay</td>
<td>Maximum Coverage/Year</td>
<td>Blackout Period</td>
</tr>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
</tbody>
</table>

Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“Try to fill your plate with as many fruits and veggies as possible when you’re eating at school or out with your friends. It’s much easier to estimate the carbs in fruits and vegetables than other dining hall options like mac and cheese.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- Accessibility Services Available
- On-Campus Pharmacy
- University Health Insurance Plan
- Social Supports for Students with Diabetes
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Accessibility Services

Documents Needed: Physician Documentation

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 250-828-5023 (Kamloops) to schedule an appointment with an Accommodations Coordinator.</td>
<td></td>
<td>E-mail <a href="mailto:dso@tru.ca">dso@tru.ca</a> to schedule an appointment with an Accommodations Coordinator.</td>
</tr>
</tbody>
</table>

NOTE: Office is located in the Old Main Building – Lower Level, Room 1631 Office Hours: 8 a.m. to 4 p.m. Apply early, preferably three months prior to the start of classes. For more information please visit: https://www.tru.ca/as/checklist.html

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>TRU Students’ Union</td>
<td>Green Shield Canada</td>
<td>September 1st to August 31st</td>
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<tr>
<td></td>
<td></td>
<td>(of each school year)</td>
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</tbody>
</table>

<table>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>0%</td>
<td>$3,000.00</td>
<td>45 days</td>
</tr>
</tbody>
</table>

Additional Information: Plan includes all drugs requiring a prescription, insulin and all other approved injectables, as well as related supplies such as diabetic syringes, needles and testing agents.

Tips from our Alumni –

“Register for accessibility accommodations as soon as you get to school, or do it before. Many campuses offer a very brief window for students to register for accommodations, so don’t miss it. Even if you don’t think you’ll ever use them, it’s nice to know you have them if you need them later.”
**On-Campus Services Available**
- ✓ On-Campus Healthcare Clinic
- ✗ On-Campus Pharmacy
- ✗ Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- ✗ University Health Insurance Plan
- ✓ Nutrition Information Available On-Campus

**How to Apply for Accessibility Services**

**Accommodations Service Provider:**
Disabilities and Equity Access

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 604-888-7511 ext. 3404 or 604-513-2121 ext. 3404; Dave Stinson: Director, Equity of Access and Learning Resources</td>
<td>Disability Information Form: <a href="https://www.twu.ca/sites/default/files/disability-information-form.pdf">https://www.twu.ca/sites/default/files/disability-information-form.pdf</a></td>
<td>E-mail <a href="mailto:stinson@twu.ca">stinson@twu.ca</a> to set up an appointment with the Director of Disability and Equity Access.</td>
</tr>
</tbody>
</table>

**NOTE:** For more information please visit: [https://www.twu.ca/wellness-centre/disabilities-and-equity-access/disability-services](https://www.twu.ca/wellness-centre/disabilities-and-equity-access/disability-services)

**University Insurance Benefits Program**

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
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</table>

**Co-Pay**

<table>
<thead>
<tr>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
</tbody>
</table>

**Additional Information:** TWU requires all non-Canadian students who reside in B.C. during the academic year to enrol in the British Columbia Medical Services Plan (BCMSP).

**Tips from our Alumni –**

“Eating on campus could be tricky. Ask your campus Food Services Manager if it would be possible to access nutritional information, including carb counts, fat, sugar, fiber and protein for the food being served in the dining hall.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Access and Diversity

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 604-822-5844 to schedule an appointment with an advisor.</td>
<td>Download academic accommodations guidelines <a href="http://www.universitycounsel.ubc.ca/files/2010/08/policy73.pdf">http://www.universitycounsel.ubc.ca/files/2010/08/policy73.pdf</a></td>
<td>Email <a href="mailto:access.diversity@ubc.ca">access.diversity@ubc.ca</a> to schedule an appointment with an advisor.</td>
</tr>
</tbody>
</table>

NOTE: Appointments can also be scheduled in person – 1874 East Mall, Brock Hall. Documentation can be faxed to 604-822-6655 or emailed to access.diversity@ubc.ca before scheduled intake appointment. For more information please visit: https://students.ubc.ca/academic-success/academic-support/academic-accommodations-disabilities.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alma Mater Society of UBC</td>
<td>Pacific Blue Cross</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>No Maximum</td>
<td>8 weeks (September 1st to October 31st)</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers most insulin preparations, testing supplies, needles and syringes. Plan also covers blood glucose monitors.

Tips from our Alumni –

“Living on your own is a big step, especially when you have diabetes. However, I found it was a great learning opportunity to prove to both myself and my parents I could successfully transition and manage my diabetes effectively.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

✓ Accessibility Services Available
✓ University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Centre for Accessibility Services

Documents Needed: Physician Documentation

Apply by Phone

Call Disability Advisors: Jodi Noble 604-864-4609 or Deirdre Miles 604-557-4033 to schedule an appointment.

Apply Online

Send an Email @

Email jodi.noble@ufv.ca; or deirdre.miles@ufv.ca to schedule an appointment.

NOTE: Office hours are as follows - Jodi Noble (Wednesdays) 1:30 to 3:00; and Deirdre Miles (Fridays) 2:00 to 3:30. For more information please visit: https://www.ufv.ca/accessibility/

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student Union Society of the University of Fraser Valley</td>
<td>Desjardins Financial Security Life Assurance Company</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>No Maximum</td>
<td>8 weeks</td>
</tr>
</tbody>
</table>

Additional Information: The SUS Health Plan covers medications listed in the BC Fair PharmaCare Plan Formulary, including insulin and diabetic supplies.

Tips from our Alumni –

“Make sure your diabetes supplies are easily accessible to you in your room. It’s also a good idea to keep a small lamp or flash light near your bed so that you can see what you’re doing when you wake up at night to check or treat a late night low.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Access Resource Centre

Apply by Phone

Call D'Arcy Michiel, Access Advisor
250-960-6771 to schedule an appointment.

Apply Online

Email darcy.michiel@unbc.ca to schedule an appointment with the Access Coordinator.


University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Undergraduate Student</td>
<td>Sun Life Assurance Company of Canada</td>
<td>September 1st to August 31st</td>
</tr>
<tr>
<td>Society</td>
<td></td>
<td>(of each school year)</td>
</tr>
</tbody>
</table>

Co-Pay: 20%
Maximum Coverage/Year: No Maximum
Blackout Period: 8 weeks

Additional Information: Prescription drug coverage based on the BC formulary.

Tips from our Alumni –

“Before you leave for school, sit down with your parents and create an important contacts list. Make sure you have contact information for your insurance company, pump and CGM providers (if applicable), pharmacy, endocrinologist and diabetes team.”
University of Victoria

Address of Main Campus
3800 Finnerty Road
Victoria BC V8P 5C2
250-721-7211

www.uvic.ca

Closest Diabetes Program
Royal Jubilee Hospital
Diabetes Education Centre
D&T Building, Clinic 7
1952 Bay Street
Victoria BC V8R 1J8
250-370-8322

Closest Endocrinologist
Dr. S. E. Capes
308-1990 Fort St
Victoria BC V8R 6V4
250-595-6210

On-Campus Services Available
✓ On-Campus Healthcare Clinic
✓ On-Campus Pharmacy
✓ Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Centre for Accessible Learning

Documents Needed: Physician Documentation
AND Pre-Intake Form

Apply by Phone
Call 250-472-4947 to schedule an appointment with an advisor.

Apply Online
Online Pre-Intake Form:
https://al.uvic.ca/ClockWork/user/Intake/#maincontent

Send an Email @
Email calfrontdesk@uvic.ca with your name, phone number and nature of your disability. An advisor will call/email you to schedule an appointment.

NOTE: Documentation must be sent in BEFORE intake appointment. Physician documentation can be faxed into 250-472-4443 or mailed to: RCSD, University of Victoria, PO Box 1700 STN CSC Victoria BC V8W 2Y2. Documentation can also be submitted in person – Campus Service Building, Room 150.
For more information please visit: https://www.uvic.ca/services/cal/

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
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</thead>
<tbody>
<tr>
<td>University of Victoria Students' Society</td>
<td>Pacific Blue Cross</td>
<td>September 1st to August 31st (of each school year)</td>
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</table>

<table>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $8.00</td>
<td>No Maximum</td>
<td>8 weeks (September 1st to October 31st)</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers most diabetes supplies. No other specifics given.

Tips from our Alumni –
“I didn’t know how to tell my roommate that I had diabetes. I decided to just test in front of her to break the ice. This worked great. She asked me what I was doing and I told her all about diabetes. She was actually really interested and ended up being extremely supportive and helpful throughout the year.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Disability Services

Documents Needed: Physician Documentation

Apply by Phone

<table>
<thead>
<tr>
<th>Apply Online</th>
<th>Send an Email @</th>
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</thead>
<tbody>
<tr>
<td>Call 604-871-7000, option 2 to schedule an appointment with an advisor.</td>
<td>Email <a href="mailto:disabilityservices@vcc.ca">disabilityservices@vcc.ca</a> to schedule an appointment with an advisor.</td>
</tr>
</tbody>
</table>

NOTE: Disability Services at the Broadway campus is located on level 4, room 4022; Monday, Tuesday, Thursday and Friday: 9 a.m. to 4 p.m. Wednesday: 12 to 7 p.m. For more information please visit: http://www.vcc.ca/services/services-for-students/disability-services/

Documentation Forms: http://www.vcc.ca/services/services-for-students/disability-services/documentation/

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Students' Union of Vancouver Community College</td>
<td>Green Shield Canada</td>
<td>September 1st to August 31st (of each school year)</td>
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</thead>
<tbody>
<tr>
<td>20%</td>
<td>$3,000.00</td>
<td>8 weeks</td>
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</tbody>
</table>

Additional Information: Plan includes all drugs requiring a prescription, insulin and all other approved injectables, as well as related supplies such as diabetic syringes, needles and testing agents.

Tips from our Alumni –

“Though it may not seem like because it’s always been so easy with your pediatric team, but making the transition to an adult program is a big step and a huge change. Finding the right adult care is like dating, you have to take the time to find the right fit for your personality, lifestyle and location. Don’t give up if the first adult program doesn’t work for you.”
**On-Campus Services Available**

<table>
<thead>
<tr>
<th>Service</th>
<th>Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-Campus Healthcare Clinic</td>
<td>✔</td>
</tr>
<tr>
<td>On-Campus Pharmacy</td>
<td>X</td>
</tr>
<tr>
<td>Social Supports for Students with Diabetes</td>
<td>✔</td>
</tr>
</tbody>
</table>

**Accessibility Services Available**

- University Health Insurance Plan
- Nutrition Information Available On-Campus

**How to Apply for Accessibility Services**

- **Accommodations Service Provider:** Centre for Accessible Learning
- **Documents Needed:** Not Applicable

**University Insurance Benefits Program**

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<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
</tbody>
</table>

**Additional Information:** Students are required to have BC medical insurance.

**Tips from our Alumni –**

“Having a routine could help you adjust to your new lifestyle at school. In college, you tend to eat erratically, so try and build a schedule of when to eat even if you’re not on a meal plan. Try to organize everything else as well into your routine – e.g. homework, working out, clubs, other extracurricular activities etc.”
**Vancouver Island University**

**Address of Main Campus**
900 Fifth Street  
Nanaimo BC V9R 5S5  
250-753-3245

www.viu.ca

**Closest Diabetes Program:**
Nanaimo Regional General Hospital  
Adult Diabetes Education Centre  
1200 Dufferin Crescent  
Nanaimo BC V9S 2B7  
250-716-7733

**Closest Endocrinologist:**
Dr. R. Guzder  
1165 Dufferin Crescent  
Nanaimo BC, V9S 2B5  
250-591-3200

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**On-Campus Services Available**
- ✔ On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- ✔ Accessibility Services Available
- ✔ University Health Insurance Plan
- ✔ Nutrition Information Available On-Campus

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**How to Apply for Accessibility Services**

**Documents Needed:** Verification of Disability Form

**Applying by Phone**
- Call 250-740-6446 to schedule an appointment with Disability Services.

**Applying Online**
- Verification of Disability Form: [https://services.viu.ca/sites/default/files/permanent-disability-programs-application-form.pdf](https://services.viu.ca/sites/default/files/permanent-disability-programs-application-form.pdf)

**Send an Email @**
- Email [disabilityservices@viu.ca](mailto:disabilityservices@viu.ca) to schedule an appointment with Disability Services.

**NOTE:** On the Nanaimo campus, Disability Services is located in Building 200 - Second floor, Room 214. Services are available Monday, Tuesday, Thursday, Friday 9am - 3:30 pm; Wednesday 10 am - 3:30 pm; and Closed for lunch 12 - 1 pm. For more information please visit: [https://services.viu.ca/disability-access-services](https://services.viu.ca/disability-access-services)

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**University Insurance Benefits Program**

<table>
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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
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<tbody>
<tr>
<td>Vancouver Island University Students’ Union</td>
<td>Green Shield Canada</td>
<td>September 1st to August 31st (of each school year)</td>
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<tbody>
<tr>
<td>20%</td>
<td>$2,000.00</td>
<td>45 days</td>
</tr>
</tbody>
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**Additional Information:** Plan includes all drugs requiring a prescription, insulin and all other approved injectables, as well as related supplies such as diabetic syringes, needles and testing agents.

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**Tips from our Alumni –**

"If you’re going away for school, make sure your doctor’s office has transferred your medical records to your new doctor. Also get a new prescription and a letter from your endocrinologist before you leave. It’s much easier to get everything together while you’re still at home.”
On-Campus Services Available

- X On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes

✓ Accessibility Services Available
- X University Health Insurance Plan
- X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Director of Accommodations

Documents Needed: Not Specified

Apply by Phone

Call 604-915-9675 to schedule an appointment with the Director of Accommodations.

Apply Online

Send an Email @

Email catherine.chen@vccollege.ca to schedule an appointment with the Director of Accommodations.

NOTE: Accommodations are arranged on a case by case basis after an interview with the Director of Accommodations.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
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</tbody>
</table>

Co-Pay

<table>
<thead>
<tr>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
</tbody>
</table>

Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“Once you start school, find out where the closest night, weekend and emergency services are available and how to access them. Get their contact information, hours of operations and put this all in your phone so you’ll have it when you need it.”
Legal Protections
For Students with Diabetes in Manitoba

Manitoba Human Rights Code
The Manitoba Human Rights Code is the provincial human rights law, which protects individuals and groups in Manitoba from discrimination. It is administered by the Manitoba Human Rights Commission.

The code prohibits unreasonable discrimination in such areas as employment, and accessibility to goods, services, accommodations and facilities. The ultimate goal is to ensure there is equal opportunities in these areas for all Manitoba residents and that people are valued for their own personal merits and not judged in a fashion that would be deemed discriminatory in nature.

Manitoba Health, Healthy Living and Seniors

Eligibility
To be eligible for Manitoba Health, Healthy Living and Seniors coverage, a person must:

- Be a Canadian citizen or;
- Have Immigration status as outlined in The Health Services Insurance Act:
  - Permanent Residents
  - Work/Study Permit holders and their spouse/dependants (Permit validity periods apply)
- Establish a permanent residence in Manitoba, and
- Reside (physically) in Manitoba six months in a calendar year

Coverage

| Physicians | All medically required services provided by a physician, including Endocrinologists. |
| Diabetes Supplies and Insulin | Uninsured by MHSIP. Coverage under Manitoba Pharmacare Program and PIPP – if eligible. |
| Other Healthcare Providers | Coverage of Diabetes Education Teams and Centres. |
| Dental Services in Hospital | Dental procedures and services which require hospitalization are covered. |
| Eye Care | Medically required eye examinations provided by an Ophthalmologist or Optometrist for Manitoba residents 19-65 years old with medical conditions requiring regular eye examinations; including diabetes. |
Other Listed Insured Services
- Medically required surgery
- Accommodation and meals at the standard level in hospital
- Necessary nursing services
- Medications administered in hospital
- Use of the operating room, care room and anaesthetic facilities
- Routine surgical supplies
- Occupational, speech and physiotherapy in hospital
- X-ray, diagnostic and laboratory tests in approved facilities when approved by a physician
- Dietetic counseling

Listed Uninsured Services
MHSiP does not provide coverage for the following:
- Personal care home benefits outside of Manitoba
- Health services performed at the request of a third party
- Care and treatment covered by the Workers’ Compensation Board, the Department of Veterans’ Services or by other statute
- Services that are not medically required
- Preparation of records, reports, certificates or communications, or testimony in a court
- Drugs, medications, vaccines, sera or biological products, materials and surgical supplies, except as provided for under the regulations
- Ambulance and transportation subsidies except as listed in the regulations
- Private nursing
- Additional charges for a private or semi-private room or telephone services in hospital
- Services performed by psychologists and dietitians outside a hospital or institution
- Services performed by chiropodists and podiatrists
- Services performed by audiologists, speech therapists, occupational therapists and physiotherapists in private practice
- Chiropractic services other than adjustments
- Acupuncture
- Telephone advice
- Services provided by any practitioner in healing arts except as listed in the regulations
- Exams, laboratory tests, x-rays and other procedures related to uninsured services
- Routine dental care

Other Benefits and Services

Manitoba Pharmacare Program
Pharmacare is a drug benefit program for eligible Manitobans, regardless of disease or age, whose income is seriously affected by high prescription drug costs.

Pharmacare coverage is based on both total family income and the amount families pay for eligible prescription drugs. The total family income is adjusted to include a spouse and the number of dependents, if applicable.

Each year individuals are required to pay a portion of the cost of your eligible prescription drugs. This amount is their annual Pharmacare deductible. Pharmacare sets the deductible based on the adjusted family income.
Individuals and families qualify for the Manitoba Pharmacare program if they meet all of the following criteria:

- They are eligible for Manitoba Health (MHSIP), Healthy Living and Seniors coverage.
- Their prescriptions are not covered by other provincial or federal programs.

For more information please call 1-800-297-8099 or visit: [http://www.gov.mb.ca/health/pharmacare/](http://www.gov.mb.ca/health/pharmacare/)

**Pediatric Insulin Pump Program**

The Pediatric Insulin Pump Program provides funding to cover the cost of a pump, as well as three months of pump supplies for those residents with type 1 diabetes who meet eligibility requirements.

In order to be eligible for this program an individual must:

- Be 17 years old or younger
- Have A1Cs under 10 percent
- Test a minimum of 4 times a day
- Completed discussion between child (if applicable), family and DER-CA team on appropriateness of insulin pump therapy.
- Have had attended 3 appointments with their doctor or DEC within the last year.
- No more than 1 episode of diabetic ketoacidosis in previous 12 months.

For more information please contact the Diabetes Education Resource for Children and Adolescents at 204-787-3011.
On-Campus Services Available

<table>
<thead>
<tr>
<th>Service</th>
<th>Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-Campus Healthcare Clinic</td>
<td>✓</td>
</tr>
<tr>
<td>On-Campus Pharmacy</td>
<td>✓</td>
</tr>
<tr>
<td>Social Supports for Students with Diabetes</td>
<td>X</td>
</tr>
<tr>
<td>Accessibility Services Available</td>
<td>✓</td>
</tr>
<tr>
<td>University Health Insurance Plan</td>
<td>✓</td>
</tr>
<tr>
<td>Nutrition Information Available On-Campus</td>
<td>X</td>
</tr>
</tbody>
</table>

How to Apply for Accessibility Services

Accommodations Service Provider: Accessibility & Disability

Apply by Phone
Call 204-725-8700 ext. 6639 to schedule an appointment with an advisor.

Apply Online
Download Accessibility Handbook
http://assiniboine.net/Content/Uploaded/Accessibility/AMA_ActionPlan_2016.pdf

Send an Email @

NOTE: For more information please visit: http://assiniboine.net/students/student-services/accessibility-disability.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Assiniboine Community College Students’ Association</td>
<td>Medavie Blue Cross</td>
<td>September 1st – August 31st (of each school year)</td>
</tr>
</tbody>
</table>

Co-Pay                             | Maximum Coverage/Year | Blackout Period |
0-40% plus any dispensing fee in excess of $7.00 | $3,000.00 | 4-6 weeks |

Additional Information: Plan covers Diabetic Supplies (test strips & needles, glucometers may be covered under Extended Health). For more information visit: https://studentvip.ca/din.aspx for drug list

Tips from our Alumni –

“If I knew I couldn’t make it to the dining hall in time for dinner I took plastic containers at lunch and filled them up with food for later. Usually you aren’t supposed to do that, but I talked to the staff about my diabetes and they were fine with it.”
On-Campus Services Available

X On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes

✓ Accessibility Services Available
✓ University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Accessibility Services

Documents Needed: Physician Documentation

Apply by Phone
Call 204-727-9759 to schedule an appointment with the Accessibility Services Coordinator.

Apply Online

Send an Email @
Email magnussonm@brandonu.ca to schedule an appointment with the Accessibility Services Coordinator.

NOTE: For more information please visit: https://www.brandonu.ca/student-services/student-accessibility-services/

University Insurance Benefits Program

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<tbody>
<tr>
<td>BUSU (Brandon University Student Union)</td>
<td>Medavie Blue Cross</td>
<td>September 1st – August 31st (of each school year)</td>
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</tr>
</thead>
<tbody>
<tr>
<td>0-40%</td>
<td>Unlimited</td>
<td>4 weeks</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin injectables, as well as related supplies such as diabetic syringes, needles and testing agents. For more information visit: https://studentvip.ca/din.aspx

Tips from our Alumni –

“Even though I didn’t meet any other students with diabetes at university, I stayed in touch with friends from camp online. I found it really helpful to have another diabetic my age to chat with, even if it wasn’t in person.”
On-Campus Services Available

X On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
X University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Accessibility Services

Apply by Phone
Call 204-487-3300 ext. 340 to schedule an appointment with the Coordinator of Accessibility Programs.

Apply Online
To download the Self-Identification of Disability Form and Verification of Disability Form, go to http://www.cmu.ca/students.php?s=studentlife&p=accessibility.

Send an Email @
Email sloeppy@cmu.ca to schedule an appointment with the Coordinator of Accessibility programs.

NOTE: For more information please visit: http://www.cmu.ca/students.php?s=studentlife&p=accessibility.

University Insurance Benefits Program

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</table>

Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –
“Check the academic scholarships available at your school. You might be eligible for one just because you have diabetes!”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Academic Dean

Documents Needed: Physician Documentation

Apply by Phone

Call 204-775-8175 and ask for Robin Day to set up an appointment.

Apply Online

Send an Email @

NOTE: Students are dealt with on a case-by-case basis.

University Insurance Benefits Program

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Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“A lot of pharmacies will deliver for free now. This can be really useful if you run out of insulin but need to keep studying!”

Herzing College

Address of Main Campus
1700 Portage Avenue
Winnipeg MB R3J 0E1
204-775-8175

www.herzing.ca/winnipeg

Closest Diabetes Program:
Health Sciences Centre Winnipeg
Diabetes Education Centre
GA 248-820 Sherbrook Street
Winnipeg MB R3A 1R9
204-787-7852

Closest Endocrinologist:
Dr. Gregoire Nyomba
Health Sciences Centre Winnipeg
GA2-820 Sherbrook Street
Winnipeg MB R3A 1R9
204-787-3661
### On-Campus Services Available

- X On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- X University Health Insurance Plan
- X Nutrition Information Available On-Campus

### How to Apply for Accessibility Services

**Accommodations Service Provider:**
- Accessibility Services

**Documents Needed:** Physician Documentation

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 204-989-6512 to schedule an appointment with the Accessibility Services Coordinator.</td>
<td>Email <a href="mailto:studentsuccess@mitt.ca">studentsuccess@mitt.ca</a> to schedule an appointment with the Accessibility Services Coordinator.</td>
<td></td>
</tr>
</tbody>
</table>

**NOTE:** For more information please visit: [http://www.mitt.ca/wp/student-services/accessibility-services/](http://www.mitt.ca/wp/student-services/accessibility-services/).

### University Insurance Benefits Program

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**Co-Pay**

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</table>

**Additional Information:** There is no insurance plan available at this institution.

### Tips from our Alumni –

“Students get a lot of perks around town, like student discount days. Check out which stores give discounts to university students before you go shopping.”
Red River College, Notre Dame Campus

Address of Main Campus
2055 Notre Dame Avenue
Winnipeg MB R3H 0J9
204-632-2327
www.rrc.ca

Closest Diabetes Program:
Health Sciences Centre Winnipeg
Diabetes Education Centre
GA 248-820 Sherbrook Street
Winnipeg MB R3A 1R9
204-787-7852

Closest Endocrinologist:
Dr. Gregoire Nyomba
Health Sciences Centre Winnipeg
GA2-820 Sherbrook Street
Winnipeg MB R3A 1R9
204-787-3661

On-Campus Services Available
✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Accessibility Services

Apply by Phone
Apply Online
Send an Email @

Apply Online
Book an appointment online

Documents Needed: Physical, Medical, and Psychiatric Disabilities Documentation Form OR Physician Documentation

NOTE: The Physical, Medical, and Psychiatric Disabilities Documentation Form can be picked up from a counsellor in Counselling and Accessibility Services, located in Room D102. For more information please visit: http://www.rrc.ca/index.php?pid=8982.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red River College Students’ Association (RRCSA)</td>
<td>The Great-West Life Assurance Company</td>
<td>12 months (from first day of school program)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>$5,000.00</td>
<td>45 days</td>
</tr>
</tbody>
</table>

Additional Information: Prescription drugs eligible for reimbursement on this plan are listed under the MB Provincial Formulary. If the drug you need is not listed, you must submit a Drug Exception Request Form, available at http://www.mystudentplan.ca/_uploads/documents/Drug%20Exception%20Form/exceptionform.pdf.

Tips from our Alumni –

“After the first week of school I realized I needed some carb counting practice! Be prepared for new foods and try downloading a carb counting app on your phone.”
Robertson College, Winnipeg Campus

Address of Main Campus
265 Notre Dame Avenue
Winnipeg MB R3B 1N9
204-943-5661

www.robertsoncollege.com

Closest Diabetes Program:
Health Sciences Centre Winnipeg
Diabetes Education Centre
GA 248-820 Sherbrook Street
Winnipeg MB R3A 1R9
204-787-7852

Closest Endocrinologist:
Dr. Gregoire Nyomba
Health Sciences Centre Winnipeg
GA2-820 Sherbrook Street
Winnipeg MB R3A 1R9
204-787-3661

On-Campus Services Available

X On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
 ✓ Accessibility Services Available

X University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Admissions Department
Documents Needed: Physician Documentation

Apply by Phone
Call Natalie Kelly 403-984-2978 to set up an appointment with the admissions department.

Apply Online
Send an Email @
Email nkelly@robertsoncollege.com to schedule an appointment with an advisor.

NOTE: Contact the school to inquire. Accommodations are available on a case-by-case basis.

University Insurance Benefits Program

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</tbody>
</table>

Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“My diabetes team at home was amazing—they told me I could upload my pump and send them the data if I was having any trouble. This was a big help during the first month of school when I was adjusting to the new schedule.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Student Accessibility Services

Documents Needed: Physician Documentation OR Medical Documentation Form

Apply by Phone

Call 204-474-7423 to make an appointment with an advisor.

Apply Online

Medical Documentation Form: http://umanitoba.ca/student/saa/accessibility/media/Medical-Documentation-Form.pdf

Send an Email @

Email student_accessibility@umanitoba.ca to schedule an appointment.

NOTE: Completed forms can be Fax: 204-474-7567 or mailed to: Student Accessibility Services, University of Manitoba, 520 University Centre, Winnipeg MB R3T 2N2. For more information please visit: http://umanitoba.ca/student/saa/accessibility/.

University Insurance Benefits Program

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<tr>
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<tbody>
<tr>
<td>UMSU (University of Manitoba Students’ Union)</td>
<td>Manitoba Blue Cross</td>
<td>September 1st – August 31st (of each school year)</td>
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<table>
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<th>Co-Pay</th>
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<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $10.00</td>
<td>No maximum specified</td>
<td>8 weeks (September 1st - October 31st)</td>
</tr>
</tbody>
</table>

Additional Information: Incentive to fill at Rexall - cover 10% co-pay up to $40, plus 20% off Rexall brand products.

Tips from our Alumni –

“Don’t wait until your second or third year of school to get involved. The work load will always get harder, so try the activities you like in first year and learn to balance your schedule then. It’s important to stay on top of your grades, but also getting involved in campus life will make your four years way more fun!”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Accessibility Services

Documents Needed: Physician Documentation

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @ Nicole Myers <a href="mailto:nmyers@ucn.ca">nmyers@ucn.ca</a> to schedule an appointment with an Accessibility Services Coordinator.</th>
</tr>
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<tbody>
<tr>
<td>Call 204-627-8541 to schedule an appointment with an Accessibility Services Coordinator.</td>
<td>Email Nicole Myers <a href="mailto:nmyers@ucn.ca">nmyers@ucn.ca</a> to schedule an appointment with an Accessibility Services Coordinator.</td>
<td></td>
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NOTE: For more information please visit:
https://www.ucn.ca/sites/studentdevelopment/accessibility/Pages/Accessibility.aspx.

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Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“Keep a couple glucometers with you at school, just in case one breaks or gives you unexpected readings. It’s good to have a backup on hand.”
**On-Campus Services Available**

- ✓ On-Campus Healthcare Clinic
- ✓ On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- ✓ University Health Insurance Plan
- ✓ Nutrition Information Available On-Campus

### How to Apply for Accessibility Services

**Accommodations Service Provider:**
Student Accessibility Services

**Documents Needed:**
- *Medical Documentation Form*
  OR
- *Physician Documentation*

<table>
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<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
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<tbody>
<tr>
<td>Call 204-474-7423 to schedule an appointment with an Accessibility Advisor.</td>
<td>Medical Documentation Form can be downloaded here: <a href="http://umanitoba.ca/student/saa/accessibility/media/Medical-Documentation-Form.pdf">http://umanitoba.ca/student/saa/accessibility/media/Medical-Documentation-Form.pdf</a>.</td>
<td>Email <a href="mailto:student_accessibility@umanitoba.ca">student_accessibility@umanitoba.ca</a> with your name, phone number and nature of your disability to schedule an appointment.</td>
</tr>
</tbody>
</table>

**NOTE:** Appointments can also be made in person – 155 University Centre. Completed forms must be submitted **BEFORE** intake appointment is scheduled. Completed forms can be submitted in person, faxed to 204-474-7567, or mailed to: Student Accessibility Services, 520 University Centre, Winnipeg MB R3T 2N2. For more information please visit: [http://www.umanitoba.ca/student/saa/accessibility](http://www.umanitoba.ca/student/saa/accessibility).

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<tbody>
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<td>University of Manitoba Students’ Union</td>
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<td>September 1&lt;sup&gt;st&lt;/sup&gt; to August 31&lt;sup&gt;st&lt;/sup&gt; (of each school year)</td>
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**Additional Information:** Incentive to fill at Rexall - cover 10% co-pay up to $40, plus 20% off Rexall brand products

### Tips from our Alumni –

“Even if you go to school in a new province you don’t have to switch your endocrinologist. I had a great relationship with my doctor and so I kept seeing him. Just make your appointments for times you come back home to visit, like spring break, Christmas break and summer holidays.”
### On-Campus Services Available

- **X** On-Campus Healthcare Clinic
- **✓** Accessibility Services Available
- **X** On-Campus Pharmacy
- **X** University Health Insurance Plan
- **X** Social Supports for Students with Diabetes
- **X** Nutrition Information Available On-Campus

### How to Apply for Accessibility Services

**Accommodations Service Provider:**

*Accessibility Services*

**Apply by Phone**

Call 204-237-1818 ext. 314 to schedule an appointment with Jocelyne Gagnon, Accessibility Coordinator.

**Apply Online**

Accessibility and Accommodation for Students with Disabilities Form can be downloaded at [http://ustboniface.ca/aae/inscription](http://ustboniface.ca/aae/inscription).

**Send an Email @**

Email jogagnon@ustboniface.ca

**Documents Needed:** Registration Form **AND** Medical Form

**NOTE:** For more information please visit: [http://ustboniface.ca/aae/](http://ustboniface.ca/aae/).

### University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
<tr>
<td><strong>Co-Pay</strong></td>
<td><strong>Maximum Coverage/Year</strong></td>
<td><strong>Blackout Period</strong></td>
</tr>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
</tbody>
</table>

**Additional Information:** There is no insurance plan available at this institution.

### Tips from our Alumni –

“Make sure you have enough sugar with you to treat at least TWO lows, especially if you have back-to-back classes all day.”
## Closest Diabetes Program
Health Sciences Centre
Diabetes Education Centre
820 Sherbrook Street
Winnipeg MB R3A 1R9
204-787-7852

## Closest Endocrinologist
Dr. M.L. England
Manitoba Clinic
790 Sherbrook Street
Winnipeg MB R3A 1M3
204-788-5705

## On-Campus Services Available
- ✔ On-Campus Healthcare Clinic
- ✔ Accessibility Services Available
- ✔ University Health Insurance Plan
- ✔ University Health Insurance Plan
- ✔ Social Supports for Students with Diabetes
- ✔ Nutrition Information Available On-Campus

## How to Apply for Accessibility Services

**Accommodations Service Provider:**
Accessibility Services (AS) and Deaf & Hard of Hearing Service

**Documents Needed:** Physician Documentation

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 204-786-9771 to schedule an appointment</td>
<td>Email <a href="mailto:accessibility@uwinnipeg.ca">accessibility@uwinnipeg.ca</a> to schedule an appointment with an Accessibility Advisor.</td>
<td></td>
</tr>
<tr>
<td>with an Accessibility Advisor.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**NOTE:** AS and DHoHS are located in room 1M35, the offices in the Northwest corner of Manitoba Hall. Physician Documentation can be submitted during intake appointment. For more information please visit: www.uwinnipeg.ca/accessibility

## University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>The University of Winnipeg Students’ Association</td>
<td>Green Shield Canada</td>
<td>September 1st to August 31st</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% (up to $2,500.00)</td>
<td>$3,000.00</td>
<td>Not Specified</td>
</tr>
<tr>
<td>0% (on the next $500.00)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Additional Information:** Plan covers insulin and all other injectables, as well as related supplies, such as syringes, needles and testing agents.

**Tips from our Alumni –**

“When I started University my blood sugars were constantly high and I didn’t understand why. Apparently when you are stressed this is pretty common. So if it happens to you, don’t be nervous. I just switched my insulin dosage and everything was okay.”
7
NEW BRUNSWICK
Legal Protections
For Students with Diabetes in New Brunswick

Human Rights Act of New Brunswick
The Human Rights Act of New Brunswick, which is often called the Human Rights Code, is a provincial law that prohibits discrimination and harassment based on 14 personal characteristics in specified activities that fall under provincial jurisdiction. It is the principal legal instrument through which equality rights are enforced in New Brunswick, Canada.

The New Brunswick Human Rights Act applies to private sector businesses and organizations as well as to the provincial and municipal governments. The Act stipulates laws governing accommodations, services and facilities, the leasing of premises; the sale of property; labour unions and professional, business or trade associations; notices and signs; and all aspects of employment.

New Brunswick Medicare and Drug Plans

Eligibility
To be eligible for New Brunswick Medicare benefits you must be:

- A Canadian Citizen or be legally entitled to remain in Canada
- A resident who makes his/her permanent and principal home in New Brunswick (a “resident” means a person lawfully entitled to be or to remain in Canada, who makes his home and is ordinarily present in New Brunswick, but does not include a tourist, transient or visitor to the Province.

Coverage

<table>
<thead>
<tr>
<th>Category</th>
<th>Coverage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physicians</td>
<td>All medically required services provided by a physician, including Endocrinologists.</td>
</tr>
<tr>
<td>Diabetes Supplies and Insulin</td>
<td>Uninsured by Medicare. Coverage for Insulin through the New Brunswick Drug Plan and PIPP – if eligible.</td>
</tr>
<tr>
<td>Other Healthcare Providers</td>
<td>Coverage of Diabetes Education Teams and Centres.</td>
</tr>
<tr>
<td>Dental Services in Hospital</td>
<td>Dental procedures and services which require hospitalization are covered.</td>
</tr>
<tr>
<td>Eye Care</td>
<td>Medically required eye exams provided by an Ophthalmologist or Optometrist for all those with medical conditions which require regular eye examinations; including diabetes.</td>
</tr>
</tbody>
</table>
Other Listed Insured Services
- Standard level accommodations and meals in hospital
- Necessary nursing service
- Drugs administered while in the hospital
- Operating room, delivery room and anesthetic facilities
- Laboratory, X-ray, and other diagnostic services as deemed necessary
- Routine surgical supplies

Listed Uninsured Services
- Acupuncture
- Physician’s advice given by telephone
- Ambulance services and other transportation
- Blood taken in a doctor’s office
- Complete medical examinations for the purpose of an annual check-up
- Dental services provided by a physician
- Drugs and medicine
- Examinations, immunizations, diagnostic or other services at the request of any third party for the purpose of employment, travel, emigration or insurance
- Eye-glasses, frames or contact lenses, as well as refractions for prescription eye-glasses
- Gastric stapling or gastric bypass (stomach stapling)
- Hospital visits solely for the administration of drugs, vaccines, serums or biological products
- Immunizations which are available through Public Health clinics, unless medical reasons require that they be given by a physician
- Prosthetic devices or appliances, artificial limbs and such returnable items as walkers, special crutches and braces
- Services provided by: chiropractors, chiropodists, dentists, optometrists (except as stated previously), massotherapists, naturopaths, orthodontists, osteopaths, pharmacists, physiotherapists, podiatrists, psychologists or private duty nurses

Other Benefits and Services

New Brunswick Drug Plan
The New Brunswick Drug Plan is a prescription drug plan that provides drug coverage for New Brunswick residents without drug insurance. The plan covers drugs listed on the New Brunswick Drug Plan Formulary.

All permanent residents of New Brunswick who have an active Medicare card; do not have existing drug coverage; or whose coverage does not cover a specific drug that is included in the drug plan formulary or the resident has reached their yearly of lifetime maximum for drug coverage, are eligible for this program. Premiums are graduated based on income and members will be required to pay a 30 per cent copayment up to a maximum amount per prescription.

It is important to note that the New Brunswick Drug Plan covers prescription drugs only. Diabetic supplies are not eligible benefits under the New Brunswick Drug Plan formulary; however insulin is covered, as well as any oral medications used for diabetes management.

For more information please contact the New Brunswick Drug Plan office. For more information or to obtain a registration form please visit: www.gnb.ca/drugplan or call 1-855-540-7325.
**Pediatric Insulin Pump Program (PIPP)**

The New Brunswick Pediatric Insulin Pump Program provides funding for both insulin pumps and supplies for residents of New Brunswick up until their 19th birthday.

The family is responsible for a portion of the equipment and supplies based on family income which is calculated based on family income, size and selected device. Children and youth 18 years of age and under with Type 1 diabetes, will be eligible for funding assistance if they meet the following criteria:

- Must be a permanent resident of New Brunswick with a valid Medicare Card.
- Must already by involved in regular follow up by their diabetes health care team and be reviewed at least 3 times per year and demonstrate a sound knowledge of diabetes self-management.
- Must already demonstrate sound knowledge of carbohydrate counting.
- Must already be practicing self-monitoring of blood glucose, a minimum of 4 times/day (at least before meals and at bedtime) and agree to continue to do as such.
- Must complete an insulin pump educational program given by a certified insulin pump instructor.
- Must be actively attempting to meet and/or maintain the A1c goal that is identified in their care plan.
- Must not have had more than two diabetic ketoacidosis (DKA) episodes in the previous 6 months.

This program does not cover insulin – this is covered through the New Brunswick Drug Plan. Blood glucose test strips, batteries and continuous glucose monitoring systems and supplies are not covered by the program.

For more information please visit: [http://www.gnb.ca/0053/phc/pipp/](http://www.gnb.ca/0053/phc/pipp/) or call 1-855-655-5525.
On-Campus Services Available

- ✗ On-Campus Healthcare Clinic
- ✗ On-Campus Pharmacy
- ✗ Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- ✗ University Health Insurance Plan
- ✗ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Student Services
Documents Needed: Physician Documentation

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 506-458-0653 to set up an appointment with Jason Thibodeau, College Administrator</td>
<td>Email <a href="mailto:jthibodeau@mcft.ca">jthibodeau@mcft.ca</a> to set up an appointment with an advisor.</td>
<td></td>
</tr>
</tbody>
</table>

NOTE: For more information please call the College Administrator at 506-458-0653.

University Insurance Benefits Program

<table>
<thead>
<tr>
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<tbody>
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<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
</tbody>
</table>

Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

"Studying with friends was fun, but we also got off track sometimes. I tried to take time to study alone and with others to balance things out.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

Accessibility Services Available

University Health Insurance Plan

Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
The Meighen Centre

Documents Needed: Physician Documentation AND Test Accommodation Form

Apply by Phone

Call 506-364-2527 to schedule an appointment with Meighen Centre staff to assess accessibility accommodations.

Apply Online

Send an Email @

Email Anne Comfort at acomfort@mta.ca with questions about accessing support.

NOTE: For more information please visit: http://www.mta.ca/meighen/.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
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<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mount Allison Students’ Union</td>
<td>The Campus Trust</td>
<td>September 1st to August 31st</td>
</tr>
<tr>
<td>(of each school year)</td>
<td></td>
<td>(of each school year)</td>
</tr>
</tbody>
</table>

Co-Pay

- 20%

Maximum Coverage/Year

- $4,000.00

Blackout Period

- No Blackout period with Pay Direct Drug Card

Additional Information: Plan covers insulin, syringes, needles, lancets, and diagnostic reagents specific to the diagnosis and monitoring of diabetes. Blood glucose monitors and insulin pumps are covered to a maximum of $500.00 per lifetime.

Tips from our Alumni –

“Make sure you establish a good support system at school, especially if you live on campus. Luckily for me my friend who was also type 1 was on campus, so that helped out a lot.”

“Make sure you always have food and juice in your room. You never know when hunger will strike or when you will need something to combat a low.”
New Brunswick Bible Institute

Address of Main Campus
2335 Route 103
Victoria Corner NB E7P 1C7
506-375-9000

www.nbbi.ca

Closest Diabetes Program:
Upper River Valley Hospital
Diabetes Education
11300 Route 130
Waterville NB E7P 0A4
506-375-2573

Closest Endocrinologist:
Upper River Valley Hospital
Diabetes Education
11300 Route 130
Waterville NB E7P 0A4
506-375-2573

On-Campus Services Available
X On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
X Accessibility Services Available
X University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
No Accessibility Services

Documents Needed: Physician Documentation

Apply by Phone
Apply Online
Send an Email @

Call 506-375-2247 to set up an appointment with an admissions representative.

Email registrar@nbbi.ca to set up an appointment with an admissions representative.

NOTE: For more information please contact the Admissions department directly.

University Insurance Benefits Program

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<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
</tbody>
</table>

Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“I definitely recommend getting involved in the community, not just on campus. My university town had lots of community-run events and activities that I never would have discovered if I didn’t explore off campus.”
### On-Campus Services Available

<table>
<thead>
<tr>
<th>Service</th>
<th>Available/Not Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-Campus Healthcare Clinic</td>
<td>✓</td>
</tr>
<tr>
<td>On-Campus Pharmacy</td>
<td>✓</td>
</tr>
<tr>
<td>Social Supports for Students with Diabetes</td>
<td>✓</td>
</tr>
<tr>
<td>Nutrition Information Available On-Campus</td>
<td></td>
</tr>
</tbody>
</table>

### How to Apply for Accessibility Services

**Accommodations Service Provider:**

Accessibility Services

**Documents Needed:**

Self-Identification Form AND Physician Documentation

**Apply by Phone**

Call 1-888-796-NBCC (6222) to schedule an appointment with a Learning Strategist.

**Apply Online**


**Send an Email @**

Email Jody Beresford at jody.beresford@nbcc.ca or Norma Wood norma.wood@nbcc.ca to schedule an appointment with a Learning Strategist.

**NOTE:** Completed forms can be faxed to 506-453-3293. For more information please visit: [http://nbcc.ca/student-services/accessibility-services](http://nbcc.ca/student-services/accessibility-services)

### University Insurance Benefits Program

<table>
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<tr>
<th>Administration</th>
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<th>Duration</th>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBCC Council of Student Executives</td>
<td>Great-West Life Assurance Company</td>
<td>September 1st to August 31st (of each school year)</td>
<td>30%</td>
<td>$3,000.00</td>
<td>45 to 60 days</td>
</tr>
</tbody>
</table>

**Additional Information:** The plan uses the National Drug Formulary to determine coverage of eligible drugs. The Drug Exception Request Form can be found at [http://mystudentplan.ca/_uploads/documents/Drug%20Exception%20Form/exceptionform.pdf](http://mystudentplan.ca/_uploads/documents/Drug%20Exception%20Form/exceptionform.pdf).

**Tips from our Alumni –**

“Beware of storing your food in a communal fridge! Lots of food gets stolen, so you’re better off buying a small one for your room.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Accessibility Services

Documents Needed: Physician Documentation

Apply by Phone

Call Rick Sharpe at 506-453-7207 or Kelly Hogg at 506-453-7216 to schedule an appointment with a student services advisor.

Apply Online


Send an Email @

Email accessibility@stu.ca to schedule an appointment with a student services advisor.

NOTE: For more information please visit: http://w3.stu.ca/stu/currentstudents/accessibilityservices.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>STUSU (St. Thomas University Student Union)</td>
<td>The Campus Trust</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

Co-Pay | Maximum Coverage/Year | Blackout Period |
-------|-----------------------|-----------------|
$5.00 per prescription | $10,000 | 4-6 Weeks (September 1st to mid/end October) |

Additional Information: Plan covers insulin, syringes, needles, lancets, and diagnostic reagents specific to the diagnosis and monitoring of diabetes. The plan uses the New Brunswick Provincial Drug Formulary to determine coverage of eligible drugs. The Drug Exception Request Form can be found at https://www.studentbenefits.ca/downloads.

Tips from our Alumni –

“Don't forget to pack syringes as a back-up just in case your pump breaks while you're away at school.”
Guide for Successful Transition to College and University, Canadian 4th Edition, August 2018

On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
✓ Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Access and Learning Support Services

Documents Needed: Physician Documentation AND Formulaire d’Inscription

Apply by Phone

Call 506-858-3794 to set up an appointment with an advisor.

Apply Online

Download Registration Form: http://www.umoncton.ca/umcm-saee/node/428

Send an Email @

Email service.acces.umcm@umonton.ca to set up an appointment with an advisor.

NOTE: You can also pick up the form in person from Room 206 in the Centre d’Acces et de Soutien à l’Apprentissage (CASA) on the 2nd floor of the Champlain Library. For more information please visit: http://www.umoncton.ca/umcm-saee/service-acces.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>FEECUM (La Fédération des étudiantes et étudiants du Campus universitaire de Moncton)</td>
<td>Medavie Blue Cross</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% Plus any dispensing fee in excess of $5.00</td>
<td>$5,000</td>
<td>4 weeks</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin injectables and supplies. Insulin supplies which include syringes, needles, diagnostic test strips, glucometers, alcohol swabs and lancets are subject to a maximum of $750.00 per policy year.

Tips from our Alumni –

“If you live with roommates, make sure they know what food is off limits to them so it will be there when you need it, like during a low.”
On-Campus Services Available

- ✓ On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- ✓ Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- ✓ University Health Insurance Plan
- ✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
UNB Saint John Accessibility Centre

Apply by Phone
Call 506-648-5690 to schedule an appointment with a Student Accessibility Counsellor.

Apply Online

Send an Email @
Email Accessibility Coordinator at unbds@unb.ca to schedule an appointment.

NOTE: For more information please visit: www.unb.ca/saintjohn/studentservices/accessibility/.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of New Brunswick</td>
<td>ClaimSecure Inc.</td>
<td>September 1st to August 31st</td>
</tr>
<tr>
<td>Student Union</td>
<td></td>
<td>(of each school year)</td>
</tr>
</tbody>
</table>

<table>
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<tr>
<th>Co-Pay</th>
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<th>Blackout Period</th>
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<tbody>
<tr>
<td>20% plus any dispensing fee in</td>
<td>$5,000.00</td>
<td>4 Weeks</td>
</tr>
<tr>
<td>excess of $8.00 ($20.00 annual</td>
<td></td>
<td></td>
</tr>
<tr>
<td>deductible)</td>
<td></td>
<td></td>
</tr>
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Additional Information: Plan covers insulin injectables and supplies. Insulin supplies which include syringes, needles, diagnostic test strips, glucometers, alcohol swabs and lancets are subject to a maximum of $750.00 per policy year.

Tips from our Alumni –

“Find a friend to exercise with. It’s always more motivating when you have a friend encourage you.”

“Having school health insurance helped me out a great deal. My parents didn’t have really good coverage, so being able to use the university health insurance saved me a lot of money and undue stress.”
University of New Brunswick, Fredericton Campus

Address of Main Campus
3 Bailey Drive
Fredericton NB E3B 5A3
1-888-895-3344
www.unb.ca

Closest Diabetes Program
Fredericton Diabetes
Education Centre
1015 Regent Street
Fredericton NB, E3B 6H5
506-452-5180

Closest Endocrinologist
Dr. A. McGibbon
340 Brunswick Street, 2nd Floor
Fredericton NB E3B 1H1
506-447-4418

On-Campus Services Available
✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
✓ Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services
Accommodations Service Provider: UNB Fredericton Student Accessibility Centre
Documents Needed: Medical Health Form AND Physician Documentation
Apply by Phone
Call 506-453-3515 to schedule an appointment with an advisor.

Apply Online

Send an Email @
Email unbds@unb.ca to schedule an appointment with an advisor.

NOTE: Accessibility Centre located at Marshall d’Avray Hall, Room 212. For more information please visit: http://www.unb.ca/fredericton/studentservices/academics/accessibility/.

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<td>University of New Brunswick Student Union</td>
<td>ClaimSecure Inc.</td>
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<tr>
<td>20% plus any dispensing fee in excess of $8.00 ($20.00 annual deductible)</td>
<td>$5,000.00</td>
<td>4 Weeks</td>
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</table>

Additional Information: Plan covers insulin injectables and supplies. Insulin supplies which include syringes, needles, diagnostic test strips, glucometers, alcohol swabs and lancets are subject to a maximum of $750.00 per policy year.

Tips from our Alumni –
“Using a pedometer kept me motivated to exercise and move throughout the day. To actually see how many steps you’re taking a day is great and also makes you realize how active or inactive you truly are.”
Legal Protections
For Students with Diabetes in Newfoundland and Labrador

Newfoundland and Labrador Human Rights Act
The government of Newfoundland and Labrador introduced the Human Rights Code in 1971, in order to reaffirm the government’s faith in fundamental human rights. The Human Rights Code was updated in 2010; a move which the government believed to be imperative in order to reflect the changing times. Added protections were also introduced. These protections include, but are not limited to: prohibited discrimination on the basis of race, colour, nationality, ethnic origin, religious creed, age and disability.

Newfoundland and Labrador Medical Care Plan

Eligibility
Individuals are eligible for the Medical Care Plan (MCP) if their permanent address is in Newfoundland and Labrador. MCP requires documentation to be provided by the applicant to prove eligibility under the plan. Upon registration documentation must also be presented which confirms their citizenship status.

This may include:

- A Social Insurance Card or document containing the applicant’s Social Insurance Number (SIN)
- A Canadian passport
- A Canadian Birth Certificate
- An official Federal Government Identity Card or Federal Government document containing the applicant’s SIN and name.

Coverage

Physicians
All medically required services provided by a physician, including Endocrinologists.

Diabetes Supplies and Insulin
Uninsured by MCP. Coverage under Assurance Plan, Assistance Plan, SAP and IPTP – if eligible.

Other Healthcare Providers
Coverage of Diabetes Education Teams and Centres.

Dental Services in Hospital
Surgical dental procedures which are medically necessary to be performed in a hospital by a dentist or oral surgeon.

Eye Care
Uninsured by MCP.
Other Listed Insured Services
- Surgical, diagnostic and therapeutic procedures, including anesthesia.
- Pre- and post-operative care.
- Complete maternity care.
- Radiology interpretive services.

Listed Uninsured Services
- Physician's advice given by telephone
- Drugs and vaccines
- Provision of medical appliances
- Writing of prescriptions
- Preparation of records, reports or certificates
- Services available under other provincial or federal legislation
- Physician's travel time and expenses
- Ambulance services or other transportation
- Acupuncture and subsequent related services
- Non-medically necessary examinations or examinations required by third parties (e.g. annual check-up, employment, pre-school or drivers' medicals, etc.)
- Surgery for cosmetic purposes
- Physician's testimony given in a court
- Eye examinations for corrective lenses
- Routine, in-hospital, dental extractions
- The difference between general practice and specialist rates for non-referred patients
- Services provided by chiropractors, optometrists, podiatrists, naturopaths, osteopaths, physiotherapists, nurses or other paramedical personnel
- Consultations required due to hospital policy

Other Benefits and Services

The Assurance Plan
This plan offers protection for individuals and families against the financial burden of eligible high drug costs, whether be it from the cost of one extremely high cost drug or the combined cost of different drugs.

Depending on their income level, individuals and families will be assured that their annual out-of-pocket eligible drug costs will be capped at either 5, 7.5 or 10 percent of their net family income.

- Those with net incomes up to $39,999 will pay a maximum of 5 per cent of their net income for eligible drugs.
- Those with net incomes of $40,000 up to $74,999 will pay a maximum of 7.5 per cent for eligible drugs.
- Those earning $75,000 up to $149,999 will pay a maximum of 10 per cent of their net income for eligible drugs.

For more information or for an application please visit: http://www.health.gov.nl.ca/health/prescription/nlpdp_plan_overview.html.

Application forms are also available in pharmacies and physician offices in Newfoundland.
The Access Plan
The Access Plan gives individuals and families with low incomes access to eligible prescription medications. The amount of coverage is determined by net income level and family status.

The program is available to:

- Families with children, including single parents, with net annual incomes of $42,870 or less;
- Couples without children with net annual incomes of $30,009 or less;
- Single individuals with net annual incomes of $27,151 or less.

For more information or to apply please visit: http://www.health.gov.nl.ca/health/prescription/nlpdp_plan_overview.html.

Application forms are also available in pharmacies and physician offices in Newfoundland.

Special Assistance Program – Medical Equipment and Supplies
The Special Assistance Program is a provincial program which provides basic medical supplies and equipment to assist with activities of daily living for individuals living in the community who meet the eligibility criteria for the program.

Benefits of the program include:

- Medical supplies (such as dressings, catheters and incontinent supplies),
- Oxygen and related equipment and supplies,
- Orthotics such as braces and burn garments, and
- Equipment such as wheelchairs, commodes or walkers.

For more information or to apply please contact your Regional Health Authority in Newfoundland.

Insulin Pump Therapy Program
The Pump Therapy Program is a provincial program that covers both 100 percent of both insulin pumps and pump supplies for residents of Newfoundland and Labrador up until their 25th birthday. This plan includes one insulin pump every 4 years and does not cover the cost of insulin or testing strips, continuous glucose monitoring systems, batteries or lost/stolen pumps.

In order to be eligible the following criteria must be met:

- Patient must successfully complete an insulin pump education program
- Performs blood glucose testing at least 4 times per day and records the results
- Blood sugars must be recorded, either in a logbook or with an online program
- Has sick day knowledge and management and has not had more than one diabetic ketoacidosis (DKA) in previous six months.
- Patients must demonstrate appropriate rotation of insulin pump insertion sites
- Patient must regularly attend diabetes/pump clinic visits (At least 3 visits per year)

Individuals that do not meet all of the above criteria will be placed on a three month probationary period, to allow time for them to demonstrate adherence to all of the above guidelines. At the end of the 3 months, those patients who still fail to meet the criteria may be discharged from the program.

For more information please contact your local Diabetes Education Centre in Newfoundland.
College of the North Atlantic

Guidelines for Disability Documentation

How to Apply for Accessibility Services

Accommodations Service Provider: Accessibility Services

Documents Needed: Physician Documentation

Apply by Phone

Call Stephanie Cashin at the Corner Brook Campus at 637-8585 to schedule an appointment with Disability Coordinator.

Apply Online


Send an Email @

Email stephanie.cashin@cna.nl.ca to schedule an appointment with Disability Coordinator.

NOTE: For more information please visit: http://www.cna.nl.ca/Student-Support/Accessibility-Services.aspx/

University Insurance Benefits Program

Administration
College of the North Atlantic Students’ Association

Medical Coverage Provider
Green Shield Canada

Duration
September 1st to August 31st (of each school year)

Co-Pay
20%

Maximum Coverage/Year
$2,000.00

Blackout Period
Not Specified

Additional Information: Plan covers needles and syringes without a prescription. No maximum stated.

Tips from our Alumni –

“Although there was no pharmacy or health centre on campus the hospital was pretty close so it wasn’t really an issue. Stephenville is a really small and close knit town.”

“Sometimes I felt like my diabetes was a real nuisance. However, as I moved away to school and became more independent I realized it was something I needed to take care of. Successfully managing my diabetes really made me feel truly independent and feel more like an adult.”

Guide for Successful Transition to College and University, Canadian 4th Edition, August 2018

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College of the North Atlantic, Carbonear Campus

Address of Main Campus
4 Pike’s Lane
Carbonear NL A1Y 1A7
709-596-6139
www.cna.nl.ca

Closest Diabetes Program
Carbonear General Hospital
Diabetes Centre
86 Highroad South
Carbonear NL A1Y 1A4
709-945-5111

Closest Endocrinologist
St John’s Health Sciences Centre
300 Prince Phillip Drive
St. John’s NL A1B 3V6
709-777-6300

On-Campus Services Available
X On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Accessibility Services

Documents Needed: Physician Documentation

Apply by Phone
Call Wendy Monk at the Carbonear and Placentia Campus at 709-227-6271

Apply Online
Download guidelines for disability documentation:

Send an Email @
Email wendy.monk@cna.nl.ca to schedule an appointment with Disability Coordinator.

NOTE: For more information please visit:

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
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<tbody>
<tr>
<td>College of the North Atlantic Students’ Association</td>
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<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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<tbody>
<tr>
<td>20%</td>
<td>$2,000.00</td>
<td>Not Specified</td>
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</table>

Additional Information: Plan covers needles and syringes without a prescription. No maximum stated.

Tips from our Alumni –

“School is all about adjustment. For example, my three hour science lab always ran right through my normal dinner period. I had to adjust my schedule and start eating lunch later so I could eat dinner later, after my lab was over.”

“I had a really good relationship with my dietitian. I always was in contact with her and even did some extra carb counting sessions when I felt I needed a little refresher course.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

Accessibility Services Available

University Health Insurance Plan

Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Accessibility Services

Documents Needed: Physician Documentation

Apply by Phone

Call Karen Antle at the Grand Falls-Windsor Campus at 709-292-5658

Apply Online


Send an Email @

Email karen.antle@cna.nl.ca to schedule an appointment with Accessibility Coordinator.

NOTE: It is recommended that the Physician Documentation be sent in with the University Application. Accessibility Services will call to schedule an appointment. For more information please visit: http://www.cna.nl.ca/Student-Support/Accessibility-Services.aspx.

University Insurance Benefits Program

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<tbody>
<tr>
<td>20%</td>
<td>$2,000.00</td>
<td>Not Specified</td>
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</table>

Additional Information: Plan covers needles and syringes without a prescription. No maximum stated.

Tips from our Alumni –

“People have a lot of misconceptions about type 1 diabetes. I found the best thing for me was to be open and honest with my roommates and answer all their questions. Not only was it informative for them, but it made me feel really good that I was educating them on what diabetes is all about.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
✓ Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Glenn Roy Blundon Centre for Students with Disabilities

Documents Needed: Physician Documentation

Apply by Phone
Call 709-864-2156 to schedule an appointment with an advisor.

Apply Online

Send an Email @
Email blundon@mun.ca your Physician Documentation plus your request for an appointment. An advisor will call/email you to schedule an appointment.

NOTE: Please ensure Physician Documentation is submitted BEFORE calling to schedule an appointment. Documentation can be faxed to 709-864-3011 or emailed to blundon@mun.ca. For more information please visit: http://www.mun.ca/blundon/about/index.php.

University Insurance Benefits Program

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<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Memorial University of Newfoundland Students’ Union</td>
<td>Green Shield Canada</td>
<td>September 1st to August 31st (of each school year)</td>
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<tbody>
<tr>
<td>30%</td>
<td>$2,000.00</td>
<td>Not Specified</td>
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Additional Information: Plan covers insulin and insulin injectables. Insulin pumps are covered to a maximum of $1000.00 every 5 years. Diabetes equipment such as glucose monitor and lancets are also covered.

Tips from our Alumni –

“The stress of final exams always made my blood sugar fluctuate like crazy. Although it was pretty hard to control, testing more frequently during these times and correcting right away helped out a lot.”

“It was really great to have my diabetic team so close to school. Not only did it make me feel more comfortable at school, but I was able to develop a really close relationship with them because of their close proximity.”
NOVA SCOTIA
Legal Protections
For Students with Diabetes in Nova Scotia

Nova Scotia Human Rights Act
The Nova Scotia Human Rights Act was passed in 1963 in order to protect individuals from discrimination under a number of different areas which include, but are not limited to: age, race, colour, physical disability and mental disability. The Human Rights Act also prohibits discrimination in several areas, including accommodation, employment and in the provision of or access to services or facilities.

Nova Scotia Medical Insurance Service

Eligibility
To be eligible for Nova Scotia Medical Service Insurance (MSI) benefits you must be:

- A Canadian Citizen or "Permanent Resident" (Landed Immigrant)
- A resident who makes his/her permanent home in Nova Scotia and is present in the province 183 days every calendar year.
- Registered with MSI.

Coverage

Physicians

All medically required services provided by a physician, including Endocrinologists.

Diabetes Supplies and Insulin

Uninsured by MSI. Coverage under Family Pharmacare and IPP – if eligible.

Other Healthcare Providers

Coverage of Diabetes Education Teams and Centres.

Dental Services in Hospital

Dental procedures and services which require hospitalization are covered.

Eye Care

Medically required eye examinations provided by an Ophthalmologist or Optometrist for all those with medical conditions which require regular eye examinations; including diabetes.

Other Listed Insured Services

- Standard level accommodations and meals in hospital
- Laboratory and other diagnostic services
- Prescription drugs administered in hospital
- Radiotherapy and physiotherapy
- Hospital services for most minor medical and/or surgical procedures
- Medical services provided by Nova Scotia Hearing and Speech Clinics
- Orthognathic, oral and maxillary facial surgery
Listed Uninsured Services

- Prescription drugs
- Ambulance services (except hospital to hospital transfer or ambulance response – treat and release)
- Routine dental services
- Routine eye exams (except yearly routine exams for those under 9 years of age or ages 65 and older)
- Chiropractor, podiatrist, naturopath, massage therapist and osteopath services
- Physiotherapy (except when provided in hospital)
- Health aids (crutches, hearing aids, glasses or contact lenses, wheelchairs etc.)
- Nursing benefits and home care
- Medical supplies (except for some prosthetic equipment)
- Accidental death or dismemberment
- Out of country out-patient services

Other Benefits and Services

Family Pharmacare
All permanent residents of Nova Scotia who have a valid health card are eligible for this program. Family Pharmacare starts on the first day of the month a participant registers. There is no separate Pharmacare Card. The Nova Scotia Health Card can be used as a Pharmacare Card. This card must be presented each time when filling a prescription at a registered pharmacy.

If registering as a family, the family will be required to cost share the program. The first 20 percent of every prescription is applied towards their annual family copayment maximum. The remaining 80 percent of the total will be applied against an annual family deductible. When the total deductible is paid, they will continue to pay 20 percent per prescription until their annual copayment is also paid in full.

When both the annual maximum copayment and annual maximum deductible are paid, Pharmacare will pay the approved cost of all medication used, which are covered under the plan, until the end of the program year, which is March 31st.

For more information on specific copayments and deductibles please contact your local Pharmacare office.

For more information or to obtain a registration form please visit: http://novascotia.ca/dhw/pharmacare/ or call 100-544-6191.

Completed registration forms can be submitted to: Nova Scotia Family Pharmacare Programs PO Box 500 Halifax, NS B3J 2S1 or by fax: 902-468-9402

Insulin Pump Program
The Nova Scotia Insulin Pump Program provides funding for both insulin pumps and supplies for residents of Nova Scotia up until their 25th birthday.

In order to be eligible applicants must prove to be both financially and medically in need. Funding is based on income and family size, thus, those with the smallest incomes and largest families will benefit the most from this program.
Medical eligibility includes:

- Being a permanent resident of Nova Scotia with a valid Nova Scotia Health Card.
- Having type 1 diabetes for over a year.
- Under the age of 26 (0-25 years old).
- For younger children – having a plan for operating the pump when they are at daycare or school.
- Attending an NSIPP approved Diabetes Centre’s Insulin Pump Therapy education sessions and undergo an assessment. Applicants must demonstrate that they know how to count carbohydrates, manage sick days and adjust insulin doses as required and can safely operate a pump.
- Attending appointments at least twice in the last year and agreeing to attend at least two follow up appointments per year.
- For students studying in another province: only one appointment per year is required in Nova Scotia – other appointments can be scheduled in their province of study.
- Having no more than two diabetic ketoacidosis (DKA) episodes in the past year.
- Agreeing to monitor blood glucose at least four times a day and act on those readings.
- Agreeing to have at least two hemoglobin A1C tests per year and meet or maintain a personalized A1C goal.

This program does not cover insulin – this is covered through Family Pharmacare. Similar to Family Pharmacare this program also requires individuals to pay an annual copayment before funding is administered.

For more information please visit: [http://novascotia.ca/dhw/nsipp/](http://novascotia.ca/dhw/nsipp/) or call 1-855-306-6360.
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

Accessibility Services Available

- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Accessible Learning Services

Documents Needed: Physician Documentation

Apply by Phone

Call Abu Kamara, Accessible Learning Coordinator at 902-585-1291 to schedule an appointment.

Apply Online

Email abu.kamara@acadiau.ca to schedule an appointment with the Accessible Learning Coordinator.

NOTE: For more information please visit: http://accessiblelearning.acadiau.ca/.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Acadia Students’ Union</td>
<td>The Campus Trust</td>
<td>September 1st to August 31st (of each school year)</td>
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</table>

Co-Pay | Maximum Coverage/Year | Blackout Period
---|----------------------|-----------------------
20%    | $3,000.00            | 6 Weeks (Sept 1st to Mid Oct) *can avoid blackout by registering online.

Additional Information: Plan covers medical equipment to a maximum of $3000.00 per policy year. Insulin, syringes, needles and diagnostic reagents specific to the diagnosis and monitoring of diabetes are also covered without a prescription; however a detailed receipt from a pharmacist is required.

Tips from our Alumni –

“In the beginning, travelling back and forth with all my diabetic supplies was really hard as I usually forgot supplies. It really helped me to write all my supplies down and tape it to the inside of my supply bag. Every time I travelled I went through the list to make sure I remembered everything.”
## Canadian Coast Guard College

**Address of Main Campus**
1190 Westmount Road  
Sydney NS B1R 2J6  
1-888-582-9090  
www.ccg-gcc.gc.ca/College-and-Careers/college

**Closest Diabetes Program:**
Cape Breton Regional Hospital Diabetes Education Centre  
1482 George Street  
Sydney NS B1P 1P3  
902-567-7745

**Closest Endocrinologist:**
Dr. D. Zwicker  
Cape Breton Regional Hospital  
1482 George Street  
Sydney NS B1P 1P3  
902-567-8127

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### On-Campus Services Available

<table>
<thead>
<tr>
<th>Service Available</th>
<th>Notes</th>
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<tbody>
<tr>
<td>✓ On-Campus Healthcare Clinic</td>
<td></td>
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<tr>
<td>X On-Campus Pharmacy</td>
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<tr>
<td>X Social Supports for Students with Diabetes</td>
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<tr>
<td>x Accessibility Services Available</td>
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<tr>
<td>✓ University Health Insurance Plan</td>
<td></td>
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<tr>
<td>✓ Nutrition Information Available On-Campus</td>
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### How to Apply for Accessibility Services

**Accommodations Service Provider:**
Not Applicable

**Apply by Phone**

**Apply Online**

**Send an Email @**

**NOTE:** There are no accessibility accommodations at this institution.

### University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Government of Canada</td>
<td>Sun Life Assurance Company of Canada</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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<tbody>
<tr>
<td>20% (after $60.00 annual deductible)</td>
<td>No Maximum</td>
<td>Not Specified</td>
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</table>

**Additional Information:** Plan covers diabetic supplies, including needles, syringes, chemical diagnostic aids, and glucometers. Insulin jet injector devices are covered to a maximum of $760.00 during a 36-month period. Insulin pumps are covered when prescribed by a physician treating diabetes.

### Tips from our Alumni –

“If you share a refrigerator with other students or roommates, make sure they know how important your snacks are for your diabetes. If possible, see if you could get a mini fridge in your own room to store your insulin and low supplies.”

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Guide for Successful Transition to College and University, Canadian 4th Edition, August 2018  
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On-Campus Services Available

- On-Campus Healthcare Clinic
- Accessibility Services Available
- On-Campus Pharmacy
- University Health Insurance Plan
- Social Supports for Students with Diabetes
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Jennifer Keeping AccessAbility Centre

Documents Needed:
- Physician Documentation
- Student Accommodation Request Form

Apply by Phone

Call Edwenna Campbell at 902-563-1208 to set up an appointment with an advisor.

Apply Online

The StudentAccommodation Request Form can be downloaded at http://www.cbu.ca/wp-content/uploads/2015/07/jkac-accommodation-form.pdf

Send an Email @

Email jkac_user@cbu.ca to schedule an appointment with an advisor.

NOTE: Students must inform the campus about accessibility requests BEFORE, or at the time of, enrollment. For more information please visit: http://www.cbu.ca/student-services/support-services/disability-support-services/student-accommodations/

University Insurance Benefits Program

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<tr>
<th>Administration</th>
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<tbody>
<tr>
<td>Cape Breton University Students’ Union</td>
<td>The Campus Trust</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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<tbody>
<tr>
<td>30%</td>
<td>Medical Equipment, $3,000; Prescription Drugs, $5,000</td>
<td>None</td>
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</table>

Additional Information: Plan covers diabetic supplies including insulin, syringes and needles, lancets, and diagnostic reagents for the diagnosis and monitoring of diabetes. Blood glucose monitors are covered up to a maximum of $500.00 per student year. Insulin pumps are covered up to a maximum of $500.00 per lifetime.

Tips from our Alumni –

“Going to new school, meeting new friends and possibly taking on a part-time job can seriously disrupt your schedule and eating patterns. Talk to your diabetes team about how you can change your diabetes routine (injection time, meals etc.) to adjust to your new lifestyle.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Advising and Access Services Centre

Apply by Phone
Call 902-494-2836 to schedule an appointment with an advisor.

Apply Online

Send an Email @
Email access@dal.ca to schedule an appointment and submit required documentation.

NOTE: Scan form and submit electronically at access@dal.ca or drop it off at the Student Accessibility Centre
For more information please visit: http://www.dal.ca/campus_life/student_services/academic-support/accessibility.html.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
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<tbody>
<tr>
<td>Dalhousie Student Union</td>
<td>Medavie Blue Cross</td>
<td>September 1&lt;sup&gt;st&lt;/sup&gt; to August 31&lt;sup&gt;st&lt;/sup&gt; (of each school year)</td>
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<th>Co-Pay</th>
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<th>Blackout Period</th>
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<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $6.00</td>
<td>$5,000.00</td>
<td>4-6 weeks</td>
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</table>

Additional Information: Covers test strips & needles. Glucometers may be covered under Extended Health. Extended Health covers Medical Equipment & Supplies for $500 per benefit year. Direct2U still available. Additional incentive to use Direct2U Service – Mail Order Pharmacy, as they will cover 20% co-pay.

Tips from our Alumni –

“When I was in school, I wrote down everything I ate. This really made it easier to eat better, as I was seeing everything I ate on a daily basis. I would recommend this to anyone who is struggling with managing a healthy diet.”
### Executive Summary

**On-Campus Services Available**
- X On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes

**Accessibility Services Available**
- ✓

**University Health Insurance Plan**
- X

**Nutrition Information Available On-Campus**
- X

### How to Apply for Accessibility Services

**Accommodations Service Provider:**
- Student Services

**Apply by Phone**
- Call 902-295-3411 ext. 228 to set up an appointment with a student services advisor.

**Apply Online**
- Email info@gaeliccollege.edu to set up an appointment with a student services advisor.

**Send an Email @**
- Email info@gaeliccollege.edu to set up an appointment with a student services advisor.

**NOTE:** For more information please visit: [http://www.gaeliccollege.edu/](http://www.gaeliccollege.edu/).

### University Insurance Benefits Program

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**Co-Pay**

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<tr>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
</tbody>
</table>

**Additional Information:** There is no insurance plan available at this institution.

### Tips from our Alumni –

“**Test often, and look for trends and patterns to figure out why you’re high/low and make adjustments. For example, you may be regularly low before meals and high before bed. Figuring out your BG targets at different times of day will help you adjust to your new schedule.**”
On-Campus Services Available

 ✓ On-Campus Healthcare Clinic
 X On-Campus Pharmacy
 X Social Supports for Students with Diabetes
 ✓ Accessibility Services Available
 ✓ University Health Insurance Plan
 ✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Accessibility Services

Apply by Phone

Call Kim Musgrave: 902-457-6323 or Julie Fillmore: 902-457-6719 to set up an appointment with an advisor.

Apply Online


Send an Email @

Email Kim Musgrave at Kim.Musgrave@msvu.ca or Julie Fillmore at Julie.Fillmore@msvu.ca to schedule and appointment.

NOTE: The Accessibility Services Intake Form is available to download online. Documentation can be faxed to 902-445-2201, emailed to kim.musgrave@msvu.ca, or submitted in person to In person to EMF 127G.
For more information please visit: http://www.msvu.ca/disabilityservices.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mount Saint Vincent University Students’ Union</td>
<td>The Campus Trust</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>$3,000.00</td>
<td>4 Weeks (September 1st to September 31st) *Avoid blackout by Registering online</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers diabetic supplies including insulin, syringes and needles, lancets, and diagnostic reagents for the diagnosis and monitoring of diabetes. Blood glucose monitors are covered up to a maximum of $500.00 per student year. Insulin pumps are covered up to a maximum of $500.00 per lifetime.

Tips from our Alumni –

“Pumps can break or stop working at any time for many reasons. If you’re on the pump, make sure you have a back-up plan in case your pump stops working. Make sure you have a list of contacts for replacing your pump, and a prescription for your diabetes management while you’re waiting for your pump to be replaced.”

Guide for Successful Transition to College and University, Canadian 4th Edition, August 2018
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

Accessibility Services Available
University Health Insurance Plan
Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Student and Academic Services

Apply by Phone: Call 902-494-8313 to set up an appointment with the Disability Resource Facilitator.
Apply Online: Email btravis@nscad.ca to set up an appointment with the Disability Resource Facilitator.

NOTE: No other information available.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student Union of NSCAD University</td>
<td>Green Shield Canada</td>
<td>September 1st to August 31st (of each school year)</td>
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<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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<tbody>
<tr>
<td>20%</td>
<td>$2,000.00</td>
<td>4-6 weeks</td>
</tr>
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</table>

Additional Information: Plan covers diabetic supplies including insulin and injectibles, syringes, needles, and testing agents.

Tips from our Alumni –

“Getting that first appointment with your adult diabetes team or new endocrinologist could take a few months. Plan ahead, get your referral early, and set up an appointment before school starts. It’s one last thing for you to worry about next year.”
Nova Scotia Community College

Address of Main Campus
5685 Leeds Street
Halifax, NS B3K 2T3
902-491-6722
www.nsc.ca/

Closest Diabetes Program:
QEII Health Sciences Centre
Endocrinology Clinic – 7 North VG Site
1276 South Park Street
Halifax NS B3H 2Y9
902-473-3723

Closest Endocrinologist:
QEII Health Sciences Centre
Endocrinology Clinic - 7 North VG Site
1276 South Park Street
Halifax NS B3H 2Y9
902-473-3723

On-Campus Services Available

X On-Campus Healthcare Clinic
✓ Accessibility Services Available
X On-Campus Pharmacy
✓ University Health Insurance Plan
X Social Supports for Students with Diabetes
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Disability Services

Documents Needed: Physician’s Documentation

Apply by Phone
Disability Services IT Campus at
902-491-7333 or Joan Munroe at
902-491-3587

Apply Online

Send an Email @
Email joan.munroe@nsc.ca to set
up an appointment with an advisor.

NOTE: For more information please visit: https://www.nsc.ca/current_students/disability-services.asp

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Student Services</td>
<td>Great-West Life Assurance Company</td>
<td>12 months (from first day of school program)</td>
</tr>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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<tbody>
<tr>
<td>30%</td>
<td>$3000.00</td>
<td>45 days</td>
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</table>

Additional Information: Plan covers 70% of the cost of most medications legally requiring a prescription to a maximum of $3,000 per benefit year. Advise your doctor and pharmacist that you are on the National Formulary.

Tips from our Alumni –

“You should always have a back-up set of supplies in case of emergency or if you lose your bag. Order more supplies than you need, divide your medications and diabetes supplies and pack them in more than one place so you have a back-up when needed.”
Guide for Successful Transition to College and University, Canadian 4th Edition, August 2018

On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Centre for Accessible Learning

Documents Needed: Physician Documentation AND IEP (if applicable)

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email</th>
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</thead>
<tbody>
<tr>
<td>Call 902-867-5349 to schedule an appointment with an advisor.</td>
<td>Online registration: <a href="https://stfxcal.mywconline.com/register.php">https://stfxcal.mywconline.com/register.php</a></td>
<td>Email <a href="mailto:tramble@stfx.ca">tramble@stfx.ca</a> for an appointment</td>
</tr>
</tbody>
</table>

NOTE: Appointments can also be scheduled in person – Bloomfield Centre Room 424. Documentation can be faxed to 902-867-3979 or submitted during intake appointment. For more information please visit: http://sites.stfx.ca/accessible_learning/services.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>The St. Francis Xavier Students’ Union</td>
<td>The Campus Trust</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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</thead>
<tbody>
<tr>
<td>10%</td>
<td>$3,000.00</td>
<td>None</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin, syringes, needles, lancets and diagnostic reagents specific to the diagnosis and monitoring of diabetes. Plan covers medical equipment up to a maximum of $2,000 per year. Additional incentive to use Pharmex – Mail Order Pharmacy, as they will cover an additional 5% of co-pay.

Tips from our Alumni –

“Moving away from home can be a really scary experience. Don’t hide your anxieties. Bring your questions up with your friends and parents before you go, especially the concerns you have with your diabetes.”
Saint Mary’s University

Address of Main Campus
923 Robie Street
Halifax NS B3H 3C3
902-420-5400
www.smu.ca

Closest Diabetes Program:
QEII Health Sciences Centre
Endocrinology Clinic – 7 North VG Site
1276 South Park Street
Halifax NS B3H 2Y9
902-473-3723

Closest Endocrinologist:
QEII Health Sciences Centre
Endocrinology Clinic – 7 North VG Site
1276 South Park Street
Halifax NS B3H 2Y9
902-473-3723

On-Campus Services Available
✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Fred Smithers Centre of Support for Students with Disabilities

Documents Needed: Application for Services AND Physician Documentation

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<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
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<tbody>
<tr>
<td>Call 902-420-5452 to schedule an appointment with an advisor.</td>
<td>Atlantic Centre Application Form: <a href="http://www.smu.ca/webfiles/AtlanticCentreApplicationForm.pdf">http://www.smu.ca/webfiles/AtlanticCentreApplicationForm.pdf</a></td>
<td>Email <a href="mailto:fredssmithers.centre@smu.ca">fredssmithers.centre@smu.ca</a> to set up an appointment with an advisor.</td>
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</table>

NOTE: Return this form each academic term to activate your accommodations. For more information please visit: http://www.smu.ca/campus-life/fred-smithers-centre.html.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Saint Mary’s University Students’ Association</td>
<td>RWAM Insurance Administrators Inc.</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<th>Co-Pay</th>
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<th>Blackout Period</th>
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<tbody>
<tr>
<td>20%</td>
<td>$5,000.00</td>
<td>4-6 weeks</td>
</tr>
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</table>

Additional Information: Plan covers diabetic supplies including test strips and needles. Glucometers are covered to a maximum of $500.00 per benefit year. Additional incentive to use Direct2U Prescriptions Mail Order Pharmacy, as they will cover 20% co-pay. Go to https://www.studentvip.ca/smusa/ for more details.

Tips from our Alumni –

“Get a copy of the campus map and spend an afternoon just walking through the campus to familiarize yourself with your surroundings before school starts. You’ll be one step ahead if you know where everything you need is on campus.”
On-Campus Services Available

✓ On Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Student Accessibility Services

Documents Needed: Physician Documentation AND Request for Accommodation Form

Apply by Phone

Call 902-494-2836 to schedule an appointment with the Accessibility Officer.

Apply Online

Request for Accommodation form is available to download at http://www.dal.ca/campus_life/student_services/academic-support/accessibility/policy-and-forms.html.

Send an Email @

Email access@dal.ca to schedule an appointment with the Accessibility Officer.

NOTE: Accessibility services are provided in partnership with Dalhousie University. For more information please visit: https://ukings.ca/campus-community/student-services/academic-services/academic-advising/ Early consultation is advised to ascertain that we can fulfill your needs

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>King’s Students’ Union</td>
<td>Green Shield Canada</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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</thead>
<tbody>
<tr>
<td>20%</td>
<td>$1,000.00</td>
<td>4-6 Weeks (September 1st to October 7th)</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin and other injectables, as well as diabetes supplies including syringes, needles, and testing agents.

Tips from our Alumni –

“If you have some down time, take the time to weigh or measure carb containing foods to learn what serving sizes look like. This will help you ‘eye ball’ serving sizes more easily when you’re out with your friends or eating in new places.”

Guide for Successful Transition to College and University, Canadian 4th Edition, August 2018
Copyright © 2013-2018 Diabetes Hope Foundation. All rights reserved.
On-Campus Services Available

X On-Campus Healthcare Clinic  ✓ Accessibility Services Available
X On-Campus Pharmacy  ✓ University Health Insurance Plan
X Social Supports for Students with Diabetes  X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Learning Accessibility Services

Documents Needed: Physician Documentation

Apply by Phone  Apply Online  Send an Email @

Call Yvette LeBlanc at 902-769-2114 ext. 7332 to schedule an appointment with the Learning Accessibility Coordinator.

Email Yvette LeBlanc at yvette.leblanc@usainteanne.ca to schedule an appointment with the Learning Accessibility Coordinator.

NOTE: For more information please visit: https://www.usainteanne.ca/service-accessibilite-apprentissage OR https://www.usainteanne.ca/service-accessibilite-apprentissage

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Association Générale des Étudiants de l’Université Sainte-Anne</td>
<td>Green Shield Canada</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>$750.00</td>
<td>4 weeks (September 1st to September 31st)</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin and other injectables, as well as diabetic supplies including syringes, needles, testing agents, lancets, and blood glucose monitors. Visit https://www.usainteanne.ca/service-accessibilite-apprentissage.

Tips from our Alumni –

“It’s ok to enjoy sweets and salty snacks in moderation. Do have dessert or that bag of chips (check the nutrition table on the back of the bag first to find out what a serving size is); just remember to enjoy a reasonable sized portion and adjust your carb count and insulin for the day.”
ONTARIO
Legal Protections
For Students with Diabetes in Ontario

Ontario Human Rights Code
The Ontario Human Rights Code was enacted in 1962. It serves the purpose of preventing discrimination and harassment on the basis of race, colour, gender and disability, as well as several other grounds.

Ontarians with Disabilities Act
The Ontarians with Disabilities Act was established in 2001 and came into force in 2002. It was created in order to improve the identification, removal and prevention of barriers faced by persons with disabilities and to make related amendments to other acts. The Ontarians with Disabilities Act is also widely known for its regulations on accessibility plans for post-secondary institutions.

Accessibility for Ontarians with Disabilities Act
Ontarians with Disabilities Act Committee petitioned the government to revisit the original 2001 Ontarians with Disabilities Act and pass a stronger more efficient act with enforcement, penalties and deadlines. The result was the enactment of the Accessibility for Ontarians with Disabilities Act, which was put into force in 2005.

Ontario Health Insurance Plan

Eligibility
To be eligible for Ontario health coverage individuals must:

- Be a Canadian citizen, permanent resident or among one of the newcomer to Canada groups who are eligible for OHIP as set out in Ontario’s Health Insurance Act; and
- Be physically present in Ontario for 153 days in any 12-month period; and
- Be physically present in Ontario for at least 153 days of the first 183 days immediately after establishing residency in the province; and
- Make Ontario their primary place of residence.

Coverage

**Physicians**
All medically required services provided by a physician, including Endocrinologists.

**Diabetes Supplies and Insulin**
Uninsured by OHIP. Coverage under MFHP, ODB, TDP and ADP – if eligible.

**Other Healthcare Providers**
Coverage of Diabetes Education Teams and Centres. Partial coverage of services provided by Podiatrists.

**Dental Services in Hospital**
Dental procedures and services which require hospitalization are covered.

**Eye Care**
Medically required eye examinations provided by an Ophthalmologist or Optometrist for all those with medical conditions which require regular eye examinations; including diabetes.
Other Benefits and Services

Ontario Monitoring for Health Program (MFHP)
The Monitoring for Health Program (MFHP) covers 75% of some diabetes supplies, such as blood testing strips, lancets and blood glucose meters. This program is available to all residents of Ontario with a valid OHIP card and have insulin dependent or gestational diabetes; however, individuals registered in the program must not be receiving any other coverage for the supplies being claimed.

For more information please visit: http://www.diabetes.ca.

Trillium Drug Program (TDP)
The Trillium Drug Program (TDP) is intended for Ontarians who have high prescription drug costs in relation to their net household income. There is a set deductible amount paid quarterly each year based on household income (approximately 4% of net household income).

All Ontarians with a valid OHIP card are eligible so as long as they:
- Do not have private insurance, OR
- Private Insurance does not cover 100% of their prescription drug costs, AND
- They are NOT eligible for coverage under the ODB Program

For more information please visit:

The Ontario Drug Benefit (ODB) Program
The Ontario Drug Benefit (ODB) Program covers most of the cost of 3,800 prescription drug products, some nutrition products and some diabetic testing agents.

To be eligible, applicants must live in Ontario, have a valid Ontario health card and have at least one of the statements below apply to them:
- I am 65 years of age or older
- I live in a Long-Term Care Home or a Home for Special Care
- I am enrolled in the Home Care program
- I have high drug costs relative to my income and registered in the Trillium Drug Program
- I receive social assistance from Ontario Works or the Ontario Disability Support Program.

For more information please visit:

Assistive Devices Program (ADP)
The Assistive Devices Program (ADP) helps people who have long term physical disabilities get needed equipment and supplies. This program covers 100 percent of the cost of an insulin pump, plus $2400.00 per year for insulin supplies.

To be eligible for this program an individual must:
- Be a resident of Ontario and an OHIP recipient with type 1 diabetes
- Be enrolled with a registered Diabetes Education Centre
- Complete an insulin pump education program
- Commit to blood glucose monitoring and recording of results
- Demonstrate appropriate site rotation, sick day knowledge and management
- Have no more than one DKA in the last 6 months
- Maintain regular clinic visits (at least 3 visits in the previous year)
- Have an HbA1c less than 10

On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
✓ Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Disability Services, SH 201A

Documents Needed: Physician Documentation
AND IEP (if applicable)

Apply by Phone
Call Jennifer Reid, Coordinator of Learning Centre and Disability Services at 705-949-2301 ext.4221.

Apply Online

Send an Email @ learning@algomau.ca with your name, phone number and nature of your disability. The Disability Services Coordinator will contact you to schedule an appointment.

NOTE: Physician documentation can be submitted during intake appointment. For more information please visit:

University Insurance Benefits Program

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<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Algoma University Students’ Union</td>
<td>RWAM Insurance Administrators Inc.</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $5.00</td>
<td>$3,000</td>
<td>4 weeks (September 1st to September 30th)</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers diabetes supplies such as insulin, test strips and needles. Plan also covers glucometers and insulin pumps with a physician prescription. Additional incentive to use Direct2U Service – Mail Order Pharmacy, as they will cover 20% co-pay and $7.00 dispensing fee.

Tips from our Alumni –

“You will find that once you get into the school year and you have tests, exams, assignments etc. your eating patterns will change. I learned no matter how busy I was, to always put myself first, stopping to eat at scheduled hours in the day. Eating late at night or at irregular hours is not good for your health or in managing your diabetes.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- Accessibility Services Available
- On-Campus Pharmacy
- University Health Insurance Plan
- Social Supports for Students with Diabetes
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Centre for Accessible Learning

Documents Needed: Physician Documentation OR Medical Information Request Form

Apply by Phone
Call 613-727-4723 ext. 7200 to schedule an appointment with an advisor.

Apply Online

Send an Email @
Send an e-mail to cal@algonquincollege.com to make an appointment with an advisor.

NOTE: Completed forms/documentation must be submitted BEFORE intake appointment. Forms/documentation can be faxed to 613-727-7661, emailed to cal@algonquincollege.com or submitted in person – Student Commons Centre, 3rd floor. For more information please visit: http://www.algonquincollege.com/cal/.

University Insurance Benefits Program

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<th>Duration</th>
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<tbody>
<tr>
<td>Algonquin Students’ Association</td>
<td>We Speak Student</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<th>Co-Pay</th>
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<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% and any dispensing fee in excess $8.00</td>
<td>$3,000.00</td>
<td>4 weeks (September 1st to September 30th)</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin injectables and supplies. Insulin supplies are covered to a maximum of $200.00 per policy year. Option for Enhanced Drug Plan with a $5000 Maximum coverage and 10% co-pay.

Tips from our Alumni –

“Make a point to tell all your professors about your diabetes on the first day of class. They will be really happy and thankful that you’re being so honest upfront. Also, it makes it easier to explain when your pump or meter beeps in class and doesn’t confuse it with a cell phone; something all professors hate in class.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

**Accommodations Service Provider:** Services for Students with Disabilities

**Documents Needed:** Documentation of Sensory, Physical and Medical Disabilities Form AND IEP

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email</th>
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<tbody>
<tr>
<td>Call 519-661-2147 to schedule an appointment with an SSD Counsellor.</td>
<td>Documentation requirements: <a href="http://www.sdc.uwo.ca/ssd/documentation_requirements.html">http://www.sdc.uwo.ca/ssd/documentation_requirements.html</a></td>
<td>Email <a href="mailto:ssd@uwo.ca">ssd@uwo.ca</a> to schedule an appointment with an SSD Counsellor.</td>
</tr>
</tbody>
</table>

**NOTE:** Completed forms must be submitted at least 2 working days BEFORE intake appointment, Can be faxed to 519-850-2584 or mailed to: Student Development Centre—The University of Western Ontario, Western Student Services Building, Suite 4100, London ON N6A 3K7. For more information please visit: [http://www.sdc.uwo.ca/ssd/](http://www.sdc.uwo.ca/ssd/).

University Insurance Benefits Program

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<tbody>
<tr>
<td>University Students' Council of the University of Western Ontario</td>
<td>The Campus Trust</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
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<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $9.07</td>
<td>$5,000.00</td>
<td>None</td>
</tr>
</tbody>
</table>

**Additional Information:** Plan covers insulin, diabetes supplies, insulin syringes and needles, lancets, and diagnostic reagents for the diagnosis and monitoring of diabetes. Blood glucose monitors are covered to a maximum of $500.00 per policy year and insulin pumps are covered to a maximum of $500.00 per lifetime.

Tips from our Alumni –

“Try searching on Facebook for a diabetes support group at your new school before you get to campus in September.”

“If you want to work part-time during the school year, look for a job on campus. They work around your school schedule and are very accommodating during midterms and final exam time.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

**Accommodations Service Provider:**
Student Accessibility Services (SAS)

**Documents Needed:**
- Physician Documentation
- Medical Documentation Form

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
</tr>
</thead>
</table>
| Call 905-688-5550 ext. 3240 to schedule an appointment with an advisor. | (1) Register as new student: https://brocku.ca/sas/new-students/new-student-registration/
(2) Medical Documentation Form: https://brocku.ca/sas/wp-content/uploads/sites/47/SAS-Documentation-Guidelines.pdf?x66994 | Email the AODA Coordinator at clytle@brocku.ca |

**NOTE:** Physician documentation can be submitted with online registration or faxed to 905-688-7260. For more information please visit: http://brocku.ca/sas or call 905-688-5550 ext. 3240.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brock University Students' Union</td>
<td>RWAM Insurance Administrators Inc.</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>30% plus any dispensing fee in excess of $8.00</td>
<td>$5,000.00</td>
<td>4-8 weeks (September 1st to October)</td>
</tr>
</tbody>
</table>

**Additional Information:** Plan covers insulin and test strips. Glucometers and needles are covered to a maximum of $500.00 per policy year. Additional incentive to use Campus Pharmacy and Direct2U Service – Mail Order Pharmacy, as they will cover 30% co-pay.

**Tips from our Alumni –**

“Always keep extra supplies in both your dorm room and your home. It was really hard for me to remember all my supplies when travelling from school to home, so it was really important for me to have both my dorm room and home stocked at all times with the essentials.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

**Accommodations Service Provider:**
Accessibility Services

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 705-566-8101 ext. 7420 to schedule an appointment with a Disability Advisor.</td>
<td>Email <a href="mailto:disabilityservices@cambriancollege.ca">disabilityservices@cambriancollege.ca</a> with your name, phone number and the nature of your disability. An advisor will contact you to schedule an appointment.</td>
<td></td>
</tr>
</tbody>
</table>

**NOTE:** Completed forms can be faxed to 705-566-5452 or brought to the first appointment.
For more information please visit: [http://cambriancollege.ca/accessibility](http://cambriancollege.ca/accessibility)

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cambrian College Students’ Administrative Council</td>
<td>WeSpeakStudent</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $8.00</td>
<td>$5,000.00</td>
<td>Not Specified</td>
</tr>
</tbody>
</table>


**Tips from our Alumni –**

“If you know your class schedule ahead of September, try to make an appointment with your health team to plan when you can fit in meals, testing, and exercise. They can also help you anticipate what days you might have trouble with highs or lows, like a day with no breaks between classes.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Student Success Services

Documents Needed: Physician Documentation

Apply by Phone

Call Jessica Rochon, Student Triage Navigator, at 705-474-7600 ext. 5130

Apply Online


Send an Email

Email Jessica Rochon, the Student Triage Navigator at jessica.rochon@canadorecollege.ca

NOTE: Completed documentation must be submitted before services may be provided. Documentation can be submitted in person – College Drive Campus, Room C262. For more information please visit: http://www.canadorecollege.ca/departments-services/student-success-services

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canadore Students’ Council</td>
<td>WeSpeakStudent</td>
<td>September 1st to August 31st</td>
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<tr>
<td></td>
<td></td>
<td>(of each school year)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $10.50</td>
<td>$2,000.00</td>
<td>Not Specified</td>
</tr>
</tbody>
</table>

Additional Information: Drugs covered: insulin injectibles insuling supplies under pseduo din #910333. For more information: https://wespeakstudent.com/home/20-canadore-college

Tips from our Alumni –

“Don’t be scared to tell your professors about your diabetes. Every professor I told thanked me for telling them, and they understood whenever I had to check my blood or eat a snack during class.”

“A membership to the campus gym and recreation facilities is usually included in your tuition. Take full advantage of all the programs offered, like fitness classes, public skates and swims, and intramurals!”
Guide for Successful Transition to College and University, Canadian 4th Edition, August 2018

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On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

**Accommodations Service Provider:**
Paul Menton Centre for Students with Disabilities

**Documents Needed:**
Physician Documentation OR Documentation of Medical Disability Form

- Apply by Phone
  - Phone 613-520-6608 to schedule an appointment with a PMC Coordinator.
- Apply Online
  - Donalod Medical Documentation Form: [https://carleton.ca/pmc/wp-content/uploads/PMC-Documentation-of-Medical-Disability.pdf](https://carleton.ca/pmc/wp-content/uploads/PMC-Documentation-of-Medical-Disability.pdf)
- Send an Email @
  - Email pmc@carleton.ca

**NOTE:** Completed documents must be submitted at least two business days BEFORE intake appointment. Forms can be faxed to 613-520-3995 or mailed to: Paul Menton Centre for Students with Disabilities, 500 University Centre, 1125 Colonel By Drive, Ottawa ON K1S 5B6. For more information please visit: [http://carleton.ca/pmc/about-us/](http://carleton.ca/pmc/about-us/).

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carleton University Students’ Association</td>
<td>Desjardins Financial Security</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $5.00</td>
<td>$2,000.00</td>
<td>8 weeks (September 1st to October 31st)</td>
</tr>
</tbody>
</table>

**Additional Information:** Plan covers insulin and other diabetes supplies. Maximum coverage does not include the cost of diabetes testing agents, syringes and needles.

**Tips from our Alumni –**

“Everyone has their days where they can’t seem to successfully control and manage their glucose levels. It is important though to never lose sight of the big picture. Do not get discouraged. Just start again the next day and take it one day at a time.”

Carleton University

Address of Main Campus
1125 Colonel By Drive
Ottawa ON K1S 5B6
613-520-2600

www.carleton.ca

Closest Diabetes Program
The Ottawa Hospital
Foustanellas Endocrine and Diabetes Centre
1967 Riverside Drive
Ottawa ON K1H 7W9
613-738-8400 ext. 88333

Closest Endocrinologist
The Ottawa Hospital
1967 Riverside Drive
Ottawa ON K1H 7W9
613-738-8400 ext. 88333

University Insurance Benefits Program

Carleton University Students’ Association

Desjardins Financial Security

September 1st to August 31st (of each school year)

20% plus any dispensing fee in excess of $5.00

$2,000.00

8 weeks (September 1st to October 31st)

Tips from our Alumni –

“Everyone has their days where they can’t seem to successfully control and manage their glucose levels. It is important though to never lose sight of the big picture. Do not get discouraged. Just start again the next day and take it one day at a time.”
## On-Campus Services Available

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<thead>
<tr>
<th>Service</th>
<th>On-Campus Healthcare Clinic</th>
<th>On-Campus Pharmacy</th>
<th>Social Supports for Students with Diabetes</th>
</tr>
</thead>
</table>

- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

## How to Apply for Accessibility Services

**Accommodations Service Provider:**
Centre for Students with Disabilities

### Apply by Phone

Call 416-289-5000 ext. 2627 to schedule an appointment with a Disability Counsellor.

### Apply Online

Medical Information Form: [http://centennialcollege.widencdn.net/embed/download/e27b771c1713a7cda8de63600a3aff1](http://centennialcollege.widencdn.net/embed/download/e27b771c1713a7cda8de63600a3aff1)

### Send an Email @

E-mail csd@centennialcollege.ca for general information.

**NOTE:** Physician documentation can be submitted during intake appointment. For more information please visit: [http://www.centennialcollege.ca/student-life/student-services/centre-for-students-with-disabilities/](http://www.centennialcollege.ca/student-life/student-services/centre-for-students-with-disabilities/)

## University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Centennial College Student Association Incorporated</td>
<td>WeSpeakStudent</td>
<td>September 3rd to April 25th (Fall and Winter Term) May 7th to August 15th (Summer Term)</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>10% plus any dispensing fee in excess of $11.99</td>
<td>$1,200.00</td>
<td>6 weeks (September 3rd to October 15th)</td>
</tr>
</tbody>
</table>

**Additional Information:** Plan covers insulin and diabetes supplies to a maximum of $400.00 per policy year. Students must be enrolled in the summer term to be eligible for insurance coverage in the summer months.

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**Tips from our Alumni –**

“Always make sure you have enough time to eat and test before any long exams. I never had any issues with lows during my exams – except for once, when I woke up late and didn’t have time for breakfast.”

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Guide for Successful Transition to College and University, Canadian 4th Edition, August 2018
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On-Campus Services Available

 ✓ On-Campus Healthcare Clinic
 ✓ Accessibility Services Available
 X On-Campus Pharmacy
 ✓ University Health Insurance Plan
 X Social Supports for Students with Diabetes
 ✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

**Accommodations Service Provider:**
Service Centre for Students with Disabilities

**Documents Needed:**
- Physician Documentation
- **AND** Transition Form
- **AND** Request for Services Form

**Apply by Phone**
Call 705-560-6673 ext. 2020 to schedule an appointment with a counsellor.

**Apply Online**
Download Request Forms:
http://www.collegeboreal.ca/wp-content/uploads/2017/05/Demande-d-infor-mation-m%C3%A9dicale-EN-25-ao%C3%B8t-16.pdf

**Send an Email**
Email accessibility@collegeboreal.ca to schedule an appointment.

**NOTE:** For more information please visit: http://www.collegeboreal.ca/student-services/special-needs

University Insurance Benefits Program

<table>
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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>L’AGEE (Student association)</td>
<td>Chubb Life Insurance Company of Canada</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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</thead>
<tbody>
<tr>
<td>20%</td>
<td>$2,000.00</td>
<td>4-6 weeks</td>
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</table>

**Additional Information:** Insulin will be considered to be a covered expense under this section. Syringes and testing supplies for diabetics required for use during the term of this insurance policy with respect to the Insured Person are covered expense under this provision, subject to a maximum of $200 per policy year.

**Tips from our Alumni –**

“Many schools require medical documentation from a doctor before you can use the accessibility accommodations that they offer. Check with the school to see what they require, and ask your doctor for any special notes or records you may need BEFORE the semester starts! This will make the process a lot quicker and easier!”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Accessibility Services for Students with Disabilities

Documents Needed: Physician Documentation OR Health Certificate Form

Applying by Phone
Call 519-748-5220 ext. 3232 to schedule an appointment with a counsellor.

Applying Online
Eligibility documentation:
https://www.conestogac.on.ca/accessibility-services/getting-started/eligibility.jsp

Send an Email @ accessibility@conestogac.on.ca with your name, phone number and nature of your disability to set up an appointment.

NOTE: Documentation can be faxed (519-748-3507) or submitted in person, to the Doon Campus Accessibility Services in room 1A107 or at the campus you are attending or emailed.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Conestoga Students Inc</td>
<td>Sun Life Assurance Company</td>
<td>September 1st to August 31st</td>
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<td></td>
<td></td>
<td>(of each school year)</td>
</tr>
</tbody>
</table>

Co-Pay
20% plus any dispensing fee in excess of $8.00

Maximum Coverage/Year
$2,000.00

Blackout Period
4-6 weeks

Additional Information: Plan covers insulin injectables and supplies such as syringes, needles, diagnostic test strips, alcohol swabs, lancets, and glucometers. Studentcare Pharmacy Network 10% off prescription drugs (max $40)

Tips from our Alumni –

“Find a quiet place to study on or near campus where you know you can focus exclusively on school work. I found that I would get distracted if I studied in my room or dorm building because my friends were always around to chat with.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Student Accessibility Services

Documents Needed: Physician Documentation OR Medical Information Request Form

Apply by Phone

Call 807-475-6618 to schedule an appointment with a Disability Services Counsellor

Apply Online

Send an Email @

Email sas@confederationcollege.ca to schedule an appointment with a Disability Services Counsellor

NOTE: Completed forms must be submitted prior to booking an appointment and immediately after accepting an offer of admission to the college. For forms contact sas@confederationcollege.ca For more information please visit: http://www.confederationcollege.ca/accessibility/disabilityservices.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
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<tbody>
<tr>
<td>Student Union of Confederation College</td>
<td>WeSpeakStudent</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

Co-Pay

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<thead>
<tr>
<th>25% plus any dispensing fee in excess of $8.00</th>
<th>$1,000.00</th>
<th>Blackout Period</th>
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<tbody>
<tr>
<td></td>
<td>Not Specified</td>
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</table>

Additional Information: Plan covers insulin injectibles and insulin supplies including syringes, needles, diagnostic test strips, glucometers, alcohol swabs and lancets to a maximum of $200.00 per policy year. Plan is subject to an annual deductible of $25.00. Enhanced Drug/Vision or Dental/Vision plans also available for no additional cost.

Tips from our Alumni –

“Don’t beat yourself up over a tough first semester of unpredictable blood sugars. This is a natural learning period and if you learn from the first few months you can start making changes in second semester once you are used to college life.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

Accessibility Services Available

University Health Insurance Plan

Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Services for Students with Disabilities

Documents Needed: Not Specified

Apply by Phone

Call 613-233-5696 to schedule an appointment with a counselor.

Apply Online

Send an Email @

NOTE: For more information, please visit: http://www.dominicanu.ca.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
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<tbody>
<tr>
<td>No coverage</td>
<td>No coverage</td>
<td>No coverage</td>
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Co-Pay

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<tr>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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<tbody>
<tr>
<td>No coverage</td>
<td>No coverage</td>
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</table>

Blackout Period

| Additional Information: There is no insurance plan available at this institution. |

Tips from our Alumni –

“A small university or college may not list a lot of accessibility accommodations on their website, but that doesn’t mean there aren’t any available to you. When I told them about my diabetes, the school was more than willing to make special exceptions like allowing me to bring my tester and snacks to exams. Never be afraid to ask!”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
✓ On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Documents Needed: Student Information Form AND CSD Medical Documentation Form

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 905-721-3123 to schedule an appointment with an advisor.</td>
<td>Student information form: <a href="http://www.durhamcollege.ca/wp-content/uploads/ASC-Student-Info-Form_20151.pdf">http://www.durhamcollege.ca/wp-content/uploads/ASC-Student-Info-Form_20151.pdf</a></td>
<td>Email both your Student Information and CSD Medical Certificate Form to <a href="mailto:asc@durhamcollege.ca">asc@durhamcollege.ca</a>. An advisor will contact you to schedule an intake appointment.</td>
</tr>
</tbody>
</table>

NOTE: Completed forms/documentation can also be faxed to 905-721-3224 or submitted in person - Room SW116, Gordon Willey building. For more information please visit: [http://www.durhamcollege.ca/student-experience/helping-you-succeed/access-and-support-centre/students/registration-process-and-documentation-requirements](http://www.durhamcollege.ca/student-experience/helping-you-succeed/access-and-support-centre/students/registration-process-and-documentation-requirements).

University Insurance Benefits Program

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<tr>
<th>Administration</th>
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<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>The Student Association of Durham College and UOIT</td>
<td>WeSpeakStudent</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $10.00</td>
<td>$3,000.00</td>
<td>None</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers diabetes and insulin supplies. Insulin supplies are covered to a maximum of $200.00 per policy year. For more information: [http://dcstudentsinc.ca/health-plan/](http://dcstudentsinc.ca/health-plan/)

Tips from our Alumni –

“You can never really be sure about how healthy the food on campus is. I always made a point to take 15 minutes out of my day to prepare my own lunches and bring them with me to class or bring them to the food hall when eating with friends.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Accessibility Services

Documents Needed: Confidential Disability Information Form OR Physician Documentation

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<tr>
<th>Apply by Phone</th>
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<th>Send an Email @</th>
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<tbody>
<tr>
<td>Call 519-452-4282 to schedule an appointment with an advisor.</td>
<td>Download Confidential Disability Information Form: <a href="https://www.fanshawec.ca/sites/default/files/uploads/accessibility/medical.pdf">https://www.fanshawec.ca/sites/default/files/uploads/accessibility/medical.pdf</a></td>
<td>Email <a href="mailto:accessibility@fanshawec.ca">accessibility@fanshawec.ca</a> with name, phone number &amp; the nature of your disability. An advisor will contact to schedule an appointment.</td>
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<tr>
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<tr>
<td>Fanshawe Student Union</td>
<td>WeSpeakStudent</td>
<td>September 1st to August 31st (of each school year)</td>
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<tbody>
<tr>
<td>10% plus any dispensing fee in excess of $10.50</td>
<td>$5,000.00</td>
<td>3-4 weeks (September 1st to mid/end September)</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin injectables and supplies. Insulin supplies which include syringes, needles, diagnostic test strips, glucometers, alcohol swabs and lancets are covered to a maximum of $1500.00 per policy year. Enhanced drug plan available at NO extra cost.

Tips from our Alumni –

“Stress really takes a toll on my blood sugars. I find sometimes when this happens the best thing to do is to take a 5 or 10 minute break from what I’m doing, no matter how busy I am.”

“I found with school being so hectic sometimes I would forget to eat and/or test and then run low. I fixed this problem by setting my phone alarm to go off every 2 to 3 hours. This actually helped me out a lot.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Accessible Education Services

Apply by Phone

Call 705-749-5527 to schedule an appointment with an advisor.

Apply Online


Send an Email @ jennifer.beauchamp@flemingcollege.ca

Documents Needed: Physician Documentation OR Disability Verification Form OR Functional Limitations Form

NOTE: For more information please visit: https://department.flemingcollege.ca/aes/

University Insurance Benefits Program

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<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fleming College Student Administrative Council</td>
<td>WeSpeakStudent</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

Co-Pay |
30% plus any dispensing fee in excess of $10.50

Maximum Coverage/Year |
$1,000.00

Blackout Period |
4-8 weeks (September 1st to October)

Additional Information: Insulin supplies are covered to a maximum of $200.00 per policy year and insulin pumps to a maximum of $500.00 per policy year. Enhanced drug plan available at NO extra cost.

Tips from our Alumni –

“A word of advice: If you’re on the pump make sure you write down all your pump settings and leave it in a place you will remember. This way if your pump ever breaks or malfunctions, you will easily be able to reprogram your pump or program a new one.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Accessible Learning Services

Documents Needed: Confidential Intake Form AND Disability Verification Form OR Physician Documentation

Apply by Phone
Call 416-415-5000 ext. 2107 to book an appointment with an Intake Coordinator.

Apply Online
Find intake documents under Step 1: https://www.georgebrown.ca/accessible-learning-services/how-to-register.aspx

Send an Email @
Email Don Kezima at dkezima@georgebrown.ca to schedule an appointment with an Intake Coordinator.

NOTE: For more information please visit: http://www.georgebrown.ca/accessible-learning-services

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student Association of George Brown College</td>
<td>WeSpeakStudent</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

Co-Pay | Maximum Coverage/Year | Blackout Period
20% plus any dispensing fee in excess of $8.00 | $5,000.00 | 8 weeks (September 1st to October 31st)

Additional Information: Drugs covered- Insulin injectibles, insulin supplies under pseudo din #910333

Tips from our Alumni –

“Ask for help or advice whenever you need to. Your health comes first, so make diabetes a priority.”

“I loved going to this school. It’s located right in the city of Toronto so it’s always really lively around and there is always a variety of things to do after class.”
University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Georgian College Students’ Association</td>
<td>Great-West Life Assurance Company</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>10% plus any dispensing fee in excess of $8.00</td>
<td>$5,000.00</td>
<td>6-7 weeks (September 1st to mid-October)</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin and supplies. Diabetes supplies including, syringes, disposable needles, lancets and test strips are covered to a maximum of $200.00 per policy year.

Tips from our Alumni –

“As an individual who was diagnosed at 15 I was afraid to ask a lot of questions because I felt like people would judge me for not knowing. The truth is you’re never too old to ask questions. If you’re unsure of something, just ask. There are no wrong questions, especially when it comes to your health.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes

✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Accessible Learning Services

Documents Needed: Physician Documentation OR Medical Report Form

Apply by Phone
Call Accessible Learning Services at 416-675-5090 to schedule an appointment with an advisor.

Apply Online
Medical Report Form:

Send an Email @
Email to book appointment:
ablessible-learning@humber.ca

NOTE: Appointments can also be scheduled in person – 2nd Floor LRC.
For more information please visit: http://www.humber.ca/student-life/swac/accessible-learning.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>IGNITE</td>
<td>WeSpeakStudent</td>
<td>September 1st to August 31st (of each school year)</td>
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</table>

<table>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $10.50</td>
<td>$2,000.00</td>
<td>2-4 weeks (September 1st to mid/end of September)</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin injectables and supplies. Insulin supplies are covered to a maximum of $500.00 per policy year.

Tips from our Alumni –
“A lot of people in my classes were really curious about my insulin pump. It was a great conversation starter and definitely helped me to make a lot of new friends.”

“It’s never a bad idea to speak to your roommate about sleep schedules. Sleep is really important, not only for keeping on routine and managing your diabetes, but also to keep healthy and feel good!”

Guide for Successful Transition to College and University, Canadian 4th Edition, August 2018
Copyright © 2013-2018 Diabetes Hope Foundation. All rights reserved.
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Services for Students with Disabilities

Documents Needed: Accommodation Request Form AND Student Medical Certificate

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email</th>
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</table>
| Call 519-438-7224 ext. 244 to schedule an appointment with an SSD Counsellor. | Medical form: [http://huronuc.ca/Assets/SMC.pdf](http://huronuc.ca/Assets/SMC.pdf)  

NOTE: Submit documents in person to Student Support Service Office (W45)  
More information: [http://www.huronuc.on.ca/CurrentStudents/AcademicAdvisorsandServices/AcademicAccommodation](http://www.huronuc.on.ca/CurrentStudents/AcademicAdvisorsandServices/AcademicAccommodation)

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>University Students’ Council of the University of Western Ontario</td>
<td>The Campus Trust</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $9.07</td>
<td>$5,000.00</td>
<td>None</td>
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</tbody>
</table>

Additional Information: Plan covers insulin, diabetes supplies, insulin syringes and needles, lancets, and diagnostic reagents for the diagnosis and monitoring of diabetes. Blood glucose monitors are covered to a maximum of $500.00 per policy year and insulin pumps are covered to a maximum of $500.00 per lifetime.

Tips from our Alumni –

“Make sure you brush up on your carb counting before you head off in September! Think of everyday objects that are about the same portion size you would normally eat so you don’t have to guess how much a 15g or 30g portion is at meal hall.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Accessibility Services

Documents Needed: Physician Documentation OR Documentation of Physical Disability Form

Apply by Phone
Call 519-433-3491 ext. 4321 to schedule an appointment with an Accessibility Services Counsellor.

Apply Online
Documentation of Physical Disability Form: https://www.kings.uwo.ca/kings/assets/File/currentStudents/campus_services/support/Accessibility-Medical-Documentation.pdf

Send an Email @
Email Accessibility Services Counsellor at acsd@kings.uwo.ca

NOTE: Completed forms must be submitted BEFORE intake appointment and can be faxed to 519-963-1013 or mailed to: Services for Students with Disabilities – King’s University College, 266 Epworth Avenue, London ON N6A 2M3. For more information please visit: http://www.kings.uwo.ca/current-students/campus-services/student-support-services/services-for-students-with-disabilities/.

University Insurance Benefits Program

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<td>University Students’ Council of</td>
<td>The Campus Trust</td>
<td>September 1st to August 31st (of each</td>
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<td>the University of Western</td>
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<td>school year)</td>
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<th>Co-Pay</th>
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<tbody>
<tr>
<td>20% plus any dispensing fee in</td>
<td>$5,000</td>
<td>None</td>
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<tr>
<td>excess of $9.07</td>
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</table>

Additional Information: Plan covers insulin, diabetes supplies, insulin syringes and needles, lancets, and diagnostic reagents for the diagnosis and monitoring of diabetes. Blood glucose monitors are covered to a maximum of $500.00 per policy year and insulin pumps are covered to a maximum of $500.00 per lifetime.

Tips from our Alumni –

“When I get busy with homework or studying, time flies by and sometimes I forget to eat. I set a timer to remind me to have a snack every few hours so my blood sugar doesn’t go low.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- Accessibility Services Available
- On-Campus Pharmacy
- University Health Insurance Plan
- Social Supports for Students with Diabetes
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Support and Adaptation Service

Documents Needed: Notice for Students with Special Needs AND Medical Information Request OR Physician Documentation

Apply by Phone

Call 613-742-2493 ext. 2090 to schedule an appointment with a Counsellor.

Apply Online

Medical information form:

Send an Email

Email:
support_adaptations@lacitec.on.ca with your name, phone number and the nature of your disability. A counsellor will call/email you to schedule an appointment.

NOTE: The required form can be downloaded from the Service d'appui et adaptations website. For more information please visit: http://crc.collegelacite.ca/service-dappui-et-adaptations/.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
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<th>Duration</th>
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<tbody>
<tr>
<td>Association Étudiante De La Cite</td>
<td>Plan Major Insurance</td>
<td>September to April</td>
</tr>
</tbody>
</table>

Co-Pay

- 20% plus any dispensing fee in excess of $8.00
- $1,000.00
- 3 weeks

Blackout Period

Additional Information: For more information visit
http://www.aecite.ca/assuranceetudiante#Couvertures%20offertes

Tips from our Alumni –

“I receive government funding for my pump supplies during the year, so I opened a separate bank account specifically for that money. This helped me keep track of that money so I knew how much was coming in and going out, and it made sure I didn’t accidentally spend it on something other than supplies!”
On-Campus Services Available

- ✓ On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- ✓ Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- ✓ University Health Insurance Plan
- ✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

**Accommodations Service Provider:**

**Student Accessibility Services**

**Documents Needed:** Medical Documentation Form AND IEP (if applicable)

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<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
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<tbody>
<tr>
<td>Call Lynda Kitzan at 807-343-8086 to schedule an appointment with an advisor.</td>
<td>Download Forms: <a href="https://www.lakeheadu.ca/current-students/student-services/accessibility/forms">https://www.lakeheadu.ca/current-students/student-services/accessibility/forms</a>.</td>
<td>Should you require assistance, please contact: Lynda Kitzan, Manager of Student Accessibility Services - <a href="mailto:manager-sas@lakeheadu.ca">manager-sas@lakeheadu.ca</a></td>
</tr>
</tbody>
</table>

**NOTE:** Completed forms can be emailed to sas@lakeheadu.ca or faxed to 807-346-7733. Forms can also be submitted during intake appointment. For more information please visit: [https://www.lakeheadu.ca/current-students/student-services/accessibility](https://www.lakeheadu.ca/current-students/student-services/accessibility).

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Lakehead University Student Union</td>
<td>WeSpeakStudent</td>
<td>September 1&lt;sup&gt;st&lt;/sup&gt; to August 31&lt;sup&gt;st&lt;/sup&gt; (of each school year)</td>
</tr>
</tbody>
</table>

**Co-Pay**

- 20% plus any dispensing fee in excess of $7.00

**Maximum Coverage/Year**

- $10,000.00

**Blackout Period**

- 4-8 weeks (September 1<sup>st</sup> to October)

**Additional Information:** WeSpeakStudent, new as of 2018-2019 year. For more information please visit: [https://wespeakstudent.com/coming-soon/73](https://wespeakstudent.com/coming-soon/73)

**Tips from our Alumni** –

“I have to say my professors were really good in accommodating my diabetes. One of them even sat with me while I was experiencing a low until I treated myself and got my sugar back up to a normal level.”

“Carb counting is really essential in managing your blood sugars. In terms of campus food, if I didn't know what was in it, I didn't eat it.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

Accessibility Services Available

University Health Insurance Plan

Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Student Accessibility Services

Documents Needed: Medical Documentation Form AND IEP (If applicable)

Apply by Phone

Call Danielle Poeta 705-330-4008 ext. 2103 to schedule an appointment with an advisor.

Apply Online

Download Forms: https://www.lakeheadu.ca/current-students/student-services/accessibility/forms.

Send an Email @ oraccess@lakeheadu.ca

NOTE: Forms can also be submitted during intake appointment. For more information please visit: https://www.lakeheadu.ca/current-students/student-services/accessibility.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Lakehead University Student Union</td>
<td>WeSpeakStudent</td>
<td>September 1&lt;sup&gt;st&lt;/sup&gt; to August 31&lt;sup&gt;st&lt;/sup&gt; (of each school year)</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $7.00</td>
<td>$10,000.00</td>
<td>4-8 weeks (September 1&lt;sup&gt;st&lt;/sup&gt; to October)</td>
</tr>
</tbody>
</table>

Additional Information: WeSpeakStudent, new this 2018-2019 year. For more information please visit: https://wespeakstudent.com/coming-soon/73

Tips from our Alumni –

“Going to a new school and moving away from my family made me really nervous. However, it really helped me to gain independence and realize I had the skills and confidence to manage my diabetes on my own.”
Apply by Phone

Call Denise Richard at 519-542-7751 ext. 3417 to schedule an appointment with the counsellor.

Apply Online

Medical information request form: https://www.mylambton.ca/uploadedFiles/myLambton/Services/Accessibility/Medical%20Information%20Request%20Form%202016%20AODA.pdf

Send an Email @

Email denise.richard@lambtoncollege.ca to schedule an appointment with the counsellor.

NOTE: Documentation can be submitted in person – Room L103. For more information please visit: https://www.mylambton.ca/Accessibility_Centre/Home/.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Lambton College Student Administrative Council</td>
<td>WeSpeakStudent</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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<tbody>
<tr>
<td>25% plus any dispensing fee in excess of $5.00</td>
<td>$5,000.00</td>
<td>4 weeks</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin injectables and diabetic supplies including syringes, needles, diagnostic test strips, glucometers, alcohol swabs and lancets, to a maximum of $200.00 per policy year.

Tips from our Alumni –

“Make sure to check with residence staff about mail/packages delivered to your dorm. Sometimes it takes a few days for the mail room to deliver to each residence, so if you need to order diabetes supplies make sure to leave enough time so you don’t run out completely before they arrive.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Accessibility Services

Documents Needed: Physician Documentation Form

Apply by Phone

Call 1-800-461-4030 ext. 3324 to schedule an appointment with an Accessibility Services Specialist.

Apply Online

Documentation form: https://laurentian.ca/assets/files/Services/Accessibility/Documentation-Form.pdf

Send an Email @

Email accessibilityservicesinfo@laurentian.ca to schedule an appointment with an Accessibility Services Specialist.

NOTE: Forms can only be picked up in person at the Parker Building, Room P-230 and can be faxed to 705-675-4807 or submitted in person. Deadline August 15 2018. For more information please visit: https://laurentian.ca/accessibility-services.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Laurentian University Students’ General Association</td>
<td>The Campus Trust</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $6.99</td>
<td>$1,000.00</td>
<td>None</td>
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</tbody>
</table>

Additional Information: Blood glucose monitors are covered up to $500 per policy year. Insulin pumps are covered up to $500 per lifetime. Medical equipment are covered up to $3,000 per student year.

Tips from our Alumni –

“I had a really bad experience with the drugstore I was using near campus. They kept missing prescriptions or giving me incorrect supplies. For me, it was easier to continue using the drugstore by my home and getting my parents to bring me my supplies when they visited. Luckily, my house was only one city away from my school.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: AccessAbility Services
Documents Needed: Disability Verification Form OR Physician Documentation

Apply by Phone
Call 613-969-1913 ext. 2519 to schedule an appointment with an advisor.

Apply Online

Send an Email @
Email studentsuccess@loyalistcollege.com

NOTE: Appointments can also be scheduled in person Student Success Hub. Documentation can be faxed to 613-969-0411. For more information please visit: http://www.loyalistcollege.com/current-students/student-success-services/accessability-centre/

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Loyalist College Student Government</td>
<td>ClaimSecure Inc.</td>
<td>September 9th to April 30th</td>
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<tr>
<td></td>
<td></td>
<td>(Fall and Winter Term)</td>
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<tr>
<td>Co-Pay</td>
<td>Maximum Coverage/Year</td>
<td>Blackout Period</td>
</tr>
<tr>
<td>20% plus any dispensing fee in excess of $8.00</td>
<td>$3,000.00</td>
<td>4 weeks</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin injectables and supplies. Insulin supplies which include syringes, needles, diagnostic test strips, glucometers, alcohol swabs and lancets are subject to a maximum of $200.00 per policy year. Students must be enrolled in the summer term to be eligible for insurance coverage in the summer months.

Tips from our Alumni –

"Make sure if you live with people and/or share a communal fridge to label your supplies and food. I had a really hard time in my first year because I didn’t do this and people would continuously take my juice if they were thirsty or take my food when they needed a snack."
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Student Accessibility Services

Documents Needed: Physician Documentation AND Intake Package

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<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
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<tr>
<td>Call 905-525-9140 ext. 28652 to schedule an appointment with an SAS Program Coordinator.</td>
<td>Online Student Services: <a href="https://sascw.mcmaster.ca/clockwork/custom/misc/home.aspx">https://sascw.mcmaster.ca/clockwork/custom/misc/home.aspx</a></td>
<td>Email <a href="mailto:sas@mcmaster.ca">sas@mcmaster.ca</a> with your name, phone number and nature of your disability. An SAS Program Coordinator will contact you to schedule an appointment.</td>
</tr>
</tbody>
</table>

NOTE: Appointments can also be scheduled in person – Daytime Appointments: MUSC B107, Evening Appointments: MUSC B101 or submitted during intake appointment. For more information please visit: http://sas.mcmaster.ca/.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
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<tbody>
<tr>
<td>McMaster Students Union</td>
<td>ClaimSecure Inc.</td>
<td>September 1st to August 31st (of each school year)</td>
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<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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<tbody>
<tr>
<td>20%</td>
<td>$2,000.00</td>
<td>6 weeks</td>
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</table>

Additional Information: Included within the prescription reimbursement limit of $2,000.00 is the cost of Insulin (bottled and/or cartridge), syringes and pen needles, reservoirs and infusion sets for the pump. Glucometers, insulin pens, alcohol swabs are also covered.

Tips from our Alumni –

“I never used the campus health centre since the hospital and clinic were also right on campus. Anytime I needed anything diabetes related I knew I could get assistance and it was just steps away.”

“There really are no special techniques you need to stay on top of your blood sugars. Just continue to follow through with a schedule – or at least strive to stay as consistent as possible.”
On-Campus Services Available

- ✓ On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- ✓ University Health Insurance Plan
- ✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Accessible Learning Services

**Apply by Phone**
Call 905-575-2211 to schedule an appointment with an advisor.

**Apply Online**

**Send an Email @**
Email als@mohawkcollege.ca

**Documents Needed:** Confidential Intake Form AND Medical Documentation Form OR Physician Documentation

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**University Insurance Benefits Program**

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<th>Administration</th>
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<th>Duration</th>
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<tbody>
<tr>
<td>Mohawk Students’ Association</td>
<td>Sun Life Assurance Company of Canada</td>
<td>September 1&lt;sup&gt;st&lt;/sup&gt; to August 31&lt;sup&gt;st&lt;/sup&gt; (of each school year)</td>
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<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>$5,000.00</td>
<td>3 weeks</td>
</tr>
</tbody>
</table>

**Additional Information:** Plan covers insulin, diabetes supplies and equipment. For more information please visit: [http://studentcare.ca/rte/en/IHaveAPlan_MohawkCollegeMSA_Home](http://studentcare.ca/rte/en/IHaveAPlan_MohawkCollegeMSA_Home)

**Tips from our Alumni –**

“It is important to educate your friends. The more they know about diabetes, the less unnecessary pressure they will feel.”

“Live your life as a proud person with diabetes and don’t ever be afraid to reach out and ask for help!”
Niagara College

Address of Main Campus
100 Niagara College Blvd.
Welland ON L3C 7L3
905-735-2211
www.niagaracollege.ca

Closest Diabetes Program
Welland County General Hospital
Niagara Diabetes Centre
65 Third Street
Welland ON L3B 4W6
905-682-4200 ext. 7778

Closest Endocrinologist
Welland County General Hospital
65 Third Street
Welland ON L3B 4W6
905-682-4200

On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
✓ Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Accessibility Services

Documents Needed: Physician Documentation OR Functional Limitation Form

Apply by Phone
Call 905-735-2211 ext. 7778 or 7635 to schedule an appointment with a Disability Services Counsellor.

Apply Online
Download accessibility forms http://www.niagaracollege.ca/accessibilityservices/applicants-students/getting-started-forms/

Send an Email @
Email completed Intake Form to disabilitycentre@niagaracollege.ca. A Disability Services Counsellor will contact you to schedule an appointment.


University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Niagara College Student</td>
<td>WeSpeakStudent</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
<tr>
<td>Administrative Council</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in</td>
<td>$5,000.00</td>
<td>3-4 weeks</td>
</tr>
<tr>
<td>excess of $8.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin and insulin injectables and supplies. Diabetes supplies including syringes, needles, diagnostic test strips, glucometers, alcohol swabs and lancets are covered to a maximum of $400.00 per policy year.

Tips from our Alumni –

“If you can, avoid cafeterias that have limited selections of prepared items. Go for options that allow you to have more control over what you eat.”

“Try to stay on a normal sleeping schedule because it is important to give your body energy for success!”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
✓ Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Student Accessibility Services

Apply by Phone
Call Diane Sheldon at 705-474-3450 ext. 4362 to schedule an appointment with an Accessibility Consultant.

Apply Online

Send an Email @
Email sas@nipissingu.ca to schedule an appointment with an Accessibility Consultant.

NOTE: Appointments can also be scheduled in person – Centre for Student with Disabilities, Room B210. Physician documentation can be submitted with online registration, faxed to 705-495-2850, emailed to sas@nipissingu.ca or submitted in person. For more information please visit: http://www.nipissingu.ca/sas.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Nipissing University Student Union</td>
<td>WeSpeakStudent.</td>
<td>September 1&lt;sup&gt;st&lt;/sup&gt; to August 31&lt;sup&gt;st&lt;/sup&gt; (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>Unlimited</td>
<td>4 weeks (September 1&lt;sup&gt;st&lt;/sup&gt; to September 30&lt;sup&gt;th&lt;/sup&gt;)</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers supplies such as, syringes, needles, diagnostic test strips, glucometers, alcohol swabs and lancets. Additional incentive to fill prescriptions at Shoppers Drugmart – they will cover 10% of co-pay to a maximum of $50.00 on each filled prescription and offer free delivery.

Tips from our Alumni –

“I think it is beneficial to disclose your diabetes on your application for residency. The school was really accommodating and even paired me with another girl who had diabetes. This was a great experience and we became really good friends over the course of the year.”

“In case of emergency, prepare a glucagon kit and give it your Don when you move into residence.”

Guide for Successful Transition to College and University, Canadian 4th Edition, August 2018

Copyright © 2013-2018 Diabetes Hope Foundation. All rights reserved.
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Accessibility Services

Documents Needed: Physician Documentation

Apply by Phone

Call 705-235-3211 ext. 2237 for more information.

Apply Online

Send an Email @

Email lecuyers@northern.on.ca to schedule an appointment.

NOTE: For more information please visit: http://www.northernc.on.ca/accessibility-services/.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Northern College Student Association</td>
<td>ClaimSecure Inc.</td>
<td>September 1st to August 31st (of each school year)</td>
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</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>$2,000.00</td>
<td>Not Specified</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin injectibles and insulin supplies including syringes, needles, diagnostic test strips, glucometers, alcohol swabs and lancets. Enhanced plans available. Shoppers Drug Mart covers co-pay up to $5.

Tips from our Alumni –

“The campus health centre at my school had specific clinic days for students with diabetes, where we could see a nurse, dietitian, and diabetes educator. This was a lot easier to fit in my schedule than going to a diabetes team off campus.”
Ontario College of Art and Design

Address of Main Campus
100 McCaul Street
Toronto ON M5T 1W1
416-977-6000
www.ocadu.ca

Closest Diabetes Program
Mount Sinai Hospital
Joseph and Wolf Lebovic Health Complex
Leadership Sinai Centre for Diabetes
60 Murray Street
Toronto ON M5T 3L9
416-586-4800 ext. 8747

Closest Endocrinologist
Mount Sinai Hospital
Joseph and Wolf Lebovic Health Complex
60 Murray Street
Toronto ON M5T 3L9
416-586-4800 ext. 8747

On-Campus Services Available
✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Centre for Students with Disabilities

Documents Needed: Physician Documentation

Apply by Phone
Call 416-977-6000 ext. 339 to schedule an appointment with a Disability Counsellor.

Apply Online

Send an Email @
Email csd@ocadu.ca with your name, phone number and nature of your disability. A Disability Counsellor will contact you to schedule an appointment.

NOTE: Physician documentation can be faxed to 647-438-9731 or submitted during intake appointment.
For more information please visit: http://www.ocadu.ca/services/disability-services.htm

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>OCAD U</td>
<td>Desjardins Financial Security</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>10%</td>
<td>$3,000.00</td>
<td>8 weeks (September 1st to October 31st) *can avoid blackout by registering online.</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers diabetes supplies, such as insulin syringes, needles, lancets and diagnostic reagents for the diagnosis and monitoring of diabetes. Blood glucose monitors are covered to a maximum of $500.00 per policy year and insulin pumps to a maximum of $500.00 per lifetime.

Tips from our Alumni –

“I kept my prescriptions at two pharmacies and did not transfer my prescription to the pharmacy closer to school. It actually worked out quite well, since I was able to get whatever I needed whether I was at school or at my parents’ house.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
✓ On-Campus Pharmacy
✓ Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Queen’s Student Accessibility Services (QSAS)

Documents Needed: Pre-registration Form AND Physician Documentation

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 613-533-6467 to schedule an appointment with QSAS staff about academic accommodations.</td>
<td>Register Online: <a href="http://www.queensu.ca/studentwellness/accessibility-services/how-register/new-students">http://www.queensu.ca/studentwellness/accessibility-services/how-register/new-students</a></td>
<td>Email <a href="mailto:accessibility.services@queensu.ca">accessibility.services@queensu.ca</a> to speak to QSAS staff about academic accommodations.</td>
</tr>
</tbody>
</table>

NOTE: Completed forms and physician documentation must be submitted at least two weeks BEFORE intake appointment. Forms and documentation can be faxed to 613-533-6284 or uploaded online. For more information please visit: [http://www.queensu.ca/studentwellness/accessibility-services](http://www.queensu.ca/studentwellness/accessibility-services).

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Alma Mater Society</td>
<td>Sun Life Assurance Company of Canada</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $5.00</td>
<td>$3,000.00</td>
<td>6-8 weeks (September 1st to mid/end of October)</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin and other diabetes supplies.

Tips from our Alumni –

“I connected with several other students with diabetes during my term at Queen’s University and started the Diabetes Awareness Club. It really helped in bringing all of us together to a place where we truly felt comfortable in our surroundings.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

Accessibility Services Available

University Health Insurance Plan

Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Disability Services

Documents Needed: Self Identification Form AND Physician Documentation

Apply by Phone

Call 905-648-2139 ext. 4220 to schedule an appointment with the Learning Services Director.

Apply Online

Send an Email @

Email nhartholt@redeemer.ca with your name, phone number and nature of your disability. The Learning Services Director will call/email you to schedule an appointment.

NOTES: Completed forms and documentation can be emailed to nhartholt@redeemer.ca or submitted during intake appointment. For more information please visit: https://www.redeemer.ca/academics/academic-success/disability-services/

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
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Co-Pay

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<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
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</tbody>
</table>

Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“Although there weren’t any student support groups or clubs for people with diabetes at my school I found that making friends was just as good. They were all really supportive and helped me through a lot when I started school.”
On-Campus Services Available

- ✓ On-Campus Healthcare Clinic
- ✓ On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- ✓ University Health Insurance Plan
- ✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Registrar's Office

Documents Needed: Physician Documentation

Apply by Phone | Apply Online | Send an Email @
--- | --- | ---
Call Kristan Miller, Undergraduate Services Coordinator, at 613-541-6000 ext. 6681 |  | Email Kristan Miller, Undergraduate Services Coordinator, at kristan.miller@rmc.ca

NOTE: Contact the office once admitted.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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</thead>
<tbody>
<tr>
<td>No Coverage</td>
<td>No Maximum</td>
<td>No Coverage</td>
</tr>
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</table>

Additional Information: School is located near Canadian Forces Base Kingston, where there are full time doctors, nurses, pharmacists, and medical assistants who will act as your primary care providers. As the staff and building belong to Canadian Armed Forces, there is no student billing and therefore no need for insurance. You simply receive care and pharmaceuticals as required (subject to approval).

Tips from our Alumni –

“My parents were really nervous about my diabetes management in my first year away from home. I recommend sending them electronic logs of your sugars. I did this and it really helped them to be more at ease.”
On-Campus Services Available

- ✓ On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- ✓ Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- ✓ University Health Insurance Plan
- ✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Academic Accommodation Support

Documents Needed: Disability Assessment Documentation Form

Apply by Phone

Call 416-979-5290 to schedule an appointment with a Student Accommodation Facilitator.

Apply Online

Register online at: https://clockwork.ryerson.ca/ClockWork/custom/misc/home.aspx
*(Must have a valid my.ryerson login)

Send an Email @

Email aasadmin@ryerson.ca _with your name, phone number and nature of your disability. A Student Accommodation Facilitator will call/email you to schedule an appointment.

NOTE: To speak with your facilitator, you can connect with them via email or phone, or if you’re on campus, you can visit the 4th floor Reception. For more information please visit: http://www.ryerson.ca/studentlearningsupport/academic-accommodation-support/

University Insurance Benefits Program

<table>
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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Ryerson Students’ Union</td>
<td>Green Shield Canada</td>
<td>September 1st to August 31st (of each school year)</td>
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<table>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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<tbody>
<tr>
<td>20%</td>
<td>$5,000.00</td>
<td>45 Days</td>
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</table>

Additional Information: Plan covers reasonable and customary charges associated with blood glucose monitors, lancets and insulin pump supplies. Plan also covers insulin and all other approved injectables, as well as syringes, needles and testing agents. Glucose monitors are covered up to $150 every 5 years.

Tips from our Alumni –

“Always call ahead when you are refilling a prescription. Not only can you ensure they have your items in stock, but it will save you a lot of time.”

“Always be open and honest with your professors. I told all of my professors I had diabetes and none of them ever had issues with me leaving class or eating/drinking in class when I had a low.”
On-Campus Services Available

X On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes

Accessibility Services Available
University Health Insurance Plan
Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Student Academic Success Services (SASS)

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 613-562-5976 ext. 339 to schedule an appointment with a Counsellor.</td>
<td>Register for SASS Student Portal <a href="https://sassit.uottawa.ca/apps/ventu/s/student/index.php">https://sassit.uottawa.ca/apps/ventu/s/student/index.php</a></td>
<td>Email <a href="mailto:adapt@uOttawa.ca">adapt@uOttawa.ca</a> to schedule an appointment with a Counsellor.</td>
</tr>
</tbody>
</table>

Documents Needed: Access Service Medical Certificate

NOTE: Contact Access Service by phone or email or by visiting our office on the third floor of the Desmarais Building, Room 3172. For more information please visit: https://www.saultcollege.ca/Accessibility/index.asp

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>SFUO Student Federation (FEUO Federation Etudiante)</td>
<td>Green Shield Canada</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $5.00</td>
<td>$1,000.00</td>
<td>6 weeks (September 1st to mid-October)</td>
</tr>
</tbody>
</table>

Additional Information: This plan covers diabetes supplies, insulin supplies are covered to a maximum of $1000 per year, including insulin and all other approved injectables, as well as related supplies such as diabetic syringes, needles and testing agents.

Tips from our Alumni –
“I tend to go low a lot when I work out, so I make an effort to go to the gym with friends who know about my diabetes instead of going on my own.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Accessibility Services

Documents Needed: Physician Documentation

Apply by Phone
Apply Online
Send an Email @

Call 705-759-2554 ext. 2703 to schedule an appointment with an advisor.
Email studentsupport@saultcollege.ca to schedule an appointment with an advisor.

NOTE: Documentation can be submitted in person – Room A0170.
For more information please visit: http://www.saultcollege.ca/services/StudentServices/Accessibility.asp

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Sault College Students’ Union</td>
<td>Sun Life Assurance Company of Canada</td>
<td>September 1st to August 31st (of each school year)</td>
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<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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</thead>
<tbody>
<tr>
<td>20%</td>
<td>$5,000.00</td>
<td>Not Specified</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers most medications legally requiring a prescription. No other specifics given.

Tips from our Alumni –

“I couldn’t find a menu or nutrition information in the cafeteria of my residence, but when I explained my diabetes to the food services staff they were more than happy to provide me with the information I needed. They even had a dietitian on staff to answer any questions I had.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Counselling and Accessibility Services

Apply by Phone

Call 416-491-5050 ext.22900 to make an appointment with a Disability Counsellor.

Apply Online

Download Assessment Form

Send an Email @

Email serviceadvisor.cnas@senecacollege.ca for more information about accessibility services.

NOTE: Documentation can be submitted during intake appointment. For more information please visit: http://www.senecacollege.ca/students/counselling/accommodations/.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Seneca Student Federation</td>
<td>WeSpeakStudent</td>
<td>September 1st to August 31st (of each school year)</td>
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</tbody>
</table>

Co-Pay

Maximunm Coverage/Year

Blackout Period

20% plus any dispensing fee in excess of $10.50

$1,000.00

6-8 weeks (September 1st to mid/end October)

Additional Information: Plan covers insulin injectables and supplies. Insulin supplies are covered to a maximum of $200.00 per policy year

Tips from our Alumni –

“I always made sure I had snacks hidden everywhere in my room in case I had a low. My favourite was little peanut butter packs and granola bars!”

“Some nights were really rough for me and I had to miss a few morning classes to recuperate. I always made sure I had a buddy in each of my morning classes to take notes for me if I was away.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

Accessibility Services Available

- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Documents Needed: Accessible Learning Services Intake Form AND Medical Information Request Form

Apply by Phone

Call 905-459 7533 ext. 5168 to schedule an appointment with an advisor.

Apply Online

Download Intake Forms: https://www.sheridancollege.ca/life-at-sheridan/student-services/accessible-learning-services/register

Send an Email @

Email davis.als@sheridancollege.ca to make an appointment with an advisor.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Sheridan Student Union Inc.</td>
<td>Sun Life Assurance Company of Canada</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $8.00</td>
<td>$5,000.00</td>
<td>2 months (September 1st to October 31st)</td>
</tr>
</tbody>
</table>

Additional Information: Most diabetes supplies are covered

Tips from our Alumni –

“There is no pharmacy on campus which really worried me initially. However, I realized there is a large pharmacy right across the street, as well as a health care clinic where I could go for emergencies if the campus one was closed or I couldn’t get an appointment in time.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Accessible Learning Services

Documents Needed: Accessible Learning Services Intake Form AND Medical Information Request Form

Apply by Phone
Call 905-845-9430 ext. 5737 to schedule an appointment with an advisor.

Apply Online
Download Intake Forms:
https://www.sheridancollege.ca/life-at-sheridan/student-services/accessible-learning-services/register

Send an Email @
Email hmc.als@sheridancollege.ca to schedule an appointment with an advisor.

NOTE: Completed forms can be faxed to 905-874-4321 or submitted in person – Room A247. For more information please visit: http://www.sheridancollege.ca/life-at-sheridan/student-services/accessible-learning-services/.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sheridan Student Union Inc.</td>
<td>Sun Life Assurance Company of Canada</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $8.00</td>
<td>$5,000.00</td>
<td>2 months (September 1st to October 31st)</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin and insulin injectables.

Tips from our Alumni –
“Going from your pediatric clinic to an adult clinic is a big change, but it really makes you feel more independent and in charge of your own life and diabetes management.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- Accessibility Services Available
- On-Campus Pharmacy
- University Health Insurance Plan
- Social Supports for Students with Diabetes
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

**Accommodations Service Provider:**
Accessible Learning Services

**Documents Needed:**
Accessible Learning Services Intake Form AND Medical Information Request Form

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 905-845-9430 ext. 8196 to schedule an appointment with an advisor.</td>
<td>Download Intake Forms: <a href="https://www.sheridancollege.ca/life-at-sheridan/student-services/accessible-learning-services/register">https://www.sheridancollege.ca/life-at-sheridan/student-services/accessible-learning-services/register</a></td>
<td>Email <a href="mailto:trafalgar.als@sheridancollege.ca">trafalgar.als@sheridancollege.ca</a> to schedule and appointment with an advisor.</td>
</tr>
</tbody>
</table>

**NOTE:** Completed forms can be faxed to 905-815-4102 or submitted in person – Room B104. For more information please visit: [http://www.sheridancollege.ca/life-at-sheridan/student-services/accessible-learning-services/](http://www.sheridancollege.ca/life-at-sheridan/student-services/accessible-learning-services/).

University Insurance Benefits Program

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<tr>
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<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Sheridan Student Union Inc.</td>
<td>Sun Life Assurance Company of Canada</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $8.00</td>
<td>$5,000.00</td>
<td>2 months (September 1st to October 31st)</td>
</tr>
</tbody>
</table>

**Additional Information:** Plan covers insulin and insulin injectables.

**Tips from our Alumni –**

“If you have to share a fridge make sure you speak to the people you share a fridge with and let them know the importance of them not taking your food. Also, make sure to keep extra sugar (i.e. dex tabs, soda, juice etc.) in your bedroom, just in case.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- Accessibility Services Available
- On-Campus Pharmacy
- University Health Insurance Plan
- Social Supports for Students with Diabetes
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Accessibility Services

Documents Needed: Functional Limitations Form

Apply by Phone
Apply Online
Send an Email @

Call 519-972-2727 ext. 4226 to schedule an appointment with an advisor.

Email studentservices@stclaircollege.ca to schedule an appointment with an advisor.

NOTE: Documentation can be submitted during the intake appointment – Room 206.
For more information please visit: http://www.stclaircollege.ca/studentservices/accessibilityservices.html.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student Representative Council</td>
<td>WeSpeakStudent</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

Co-Pay | Maximum Coverage/Year | Blackout Period
---|----------------------|---------------------|
20% plus any dispensing fee in excess of $8.00 | $5,000.00 | 4-6 weeks (September 1st to mid-October)

Additional Information: Plan covers insulin and insulin injectables. Plan also covers syringes, needles, diagnostic test strips, glucometers, alcohol swabs and lancets to a maximum of $200.00 per policy year.

Tips from our Alumni –

“For the most part, campus food choices consist of major organizations that all publish their nutritional information on their corporate websites. This can come in handy when you aren’t sure!”

“I made a layout of all the food services on campus and put together a list of ‘go to’ places for food. That definitely helped!”
### On-Campus Services Available

<table>
<thead>
<tr>
<th>Service</th>
<th>Available/Not Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-Campus Healthcare Clinic</td>
<td>✓</td>
</tr>
<tr>
<td>On-Campus Pharmacy</td>
<td>✓</td>
</tr>
<tr>
<td>Social Supports for Students with Diabetes</td>
<td>X</td>
</tr>
<tr>
<td>Accessibility Services Available</td>
<td>✓</td>
</tr>
<tr>
<td>University Health Insurance Plan</td>
<td>✓</td>
</tr>
<tr>
<td>Nutrition Information Available On-Campus</td>
<td>✓</td>
</tr>
</tbody>
</table>

### How to Apply for Accessibility Services

**Accommodations Service Provider:** AccessAbility Services

**Documents Needed:**
- Initial Contact Form
- AccessAbility Services Consent Form
- Verification of Medical Disability Form

**Apply by Phone**

Call AccessAbility Services at 519-888-4567 ext. 35082 to schedule an appointment with an advisor.

**Apply Online**

Complete your Initial Contact Form and Service Consent Form online at: http://uwwaterloo.ca/disability-services/current-students/how-apply

After forms are completed please call to schedule an appointment with an advisor.

**Send an Email @**

Email access@uwaterloo.ca with your name, phone number and the nature of your disability. An advisor will contact you to schedule an appointment.

**NOTE:** Physician Documentation can be faxed to 519-746-2401, emailed or submitted during intake appointment.

For more information please visit: https://uwaterloo.ca/accessibility-services

### University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of Waterloo Federation of Students</td>
<td>Sun Life Assurance Company of Canada</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% or $15.00 of cost (whichever is cheaper) plus any dispensing fee in excess of $8.00</td>
<td>No Maximum</td>
<td>8 weeks (September 1st to October 31st)</td>
</tr>
</tbody>
</table>

**Additional Information:** Plan covers blood glucose monitors to a maximum of $120.00 every 5 years.

### Tips from our Alumni –

“Before leaving for college, make sure that you have all of the supplies needed to manage your diabetes while at school. A lot of people forget items like sharps containers or ketone strips. Make sure you double-check what you will need before leaving your home!”
On-Campus Services Available

✔ On-Campus Healthcare Clinic
✔ Accessibility Services Available
X On-Campus Pharmacy
✔ University Health Insurance Plan
✔ Social Supports for Students with Diabetes
✔ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Counselling & Accessibility Services

Documents Needed: Physician Documentation

Apply by Phone | Apply Online
---|---
Call 613-544-5400 ext. 1593 to book an appointment with an advisor.

Send an Email @
Email caas@sl.on.ca with your name, phone number and the nature of your disability. An advisor will call/email you to schedule an appointment.

NOTE: Documentation must be submitted BEFORE intake appointment. For more information please visit: http://www.stlawrencecollege.ca/campuses-and-services/services-and-facilities/accessibility/

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Kingston Student Association</td>
<td>WeSpeakStudent</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
<tr>
<td>Co-Pay</td>
<td>Maximum Coverage/Year</td>
<td>Blackout Period</td>
</tr>
<tr>
<td>20% plus any dispensing fee in excess of $8.00</td>
<td>$5,000.00</td>
<td>4-8 weeks (September 1st to October)</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin injectables and supplies. Insulin supplies including syringes, needles, diagnostic test strips, glucometers, alcohol swabs and lancets are covered to a maximum of $200.00 per policy year.

Tips from our Alumni –

“It was really beneficial for me to have a mentor at my school. I was really panicked when my sugars started fluctuating during exam time. She totally understood my frustration and really helped me to understand why it was happening.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

**Accommodations Service Provider:**
_Counselling & Accessibility Services_

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 613-933-6080 ext. 2709 to schedule an appointment with an advisor.</td>
<td>Email <a href="mailto:caas@sl.on.ca">caas@sl.on.ca</a> with your name, number and the nature of your disability. An advisor will call/email you to schedule an appointment.</td>
<td></td>
</tr>
</tbody>
</table>

**NOTE:** Appointments can also be scheduled in person – Room M1461. Documentation must be submitted BEFORE intake appointment. For more information please visit: [http://www.stlawrencecollege.ca/campuses-and-services/services-and-facilities/accessibility/](http://www.stlawrencecollege.ca/campuses-and-services/services-and-facilities/accessibility/)

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Cornwall Student Union</td>
<td>WeSpeakStudent</td>
<td>September 1st to August 31st (of each school year)</td>
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</table>

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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $8.00</td>
<td>$5,000.00</td>
<td>4-8 weeks (September 1st to October)</td>
</tr>
</tbody>
</table>

**Additional Information:** Plan covers insulin injectables and supplies. Insulin supplies including syringes, needles, diagnostic test strips, glucometers, alcohol swabs and lancets are covered to a maximum of $200.00 per policy year.

Tips from our Alumni –

“Although there is no health clinic on campus there is a doctor on campus for the greater part of the day. This makes me feel at ease, knowing if I do have any urgent matter there is someone I can go to.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- Accessibility Services Available
- On-Campus Pharmacy
- University Health Insurance Plan
- Social Supports for Students with Diabetes
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

**Accommodations Service Provider:**
Student Accessibility Services

**Documents Needed:** Disability Documentation Form

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
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</thead>
<tbody>
<tr>
<td>Call 705-748-1281 to schedule an intake appointment.</td>
<td>Documents: <a href="https://www.trentu.ca/wellness/sites/trentu.ca.wellness/files/documents/OSAP_DVF.pdf">https://www.trentu.ca/wellness/sites/trentu.ca.wellness/files/documents/OSAP_DVF.pdf</a></td>
<td>Email <a href="mailto:sas@trentu.ca">sas@trentu.ca</a> to schedule an appointment with an Accessibility Services Advisor.</td>
</tr>
</tbody>
</table>

**NOTE:** Appointments can also be scheduled in person – Blackburn Hall, Suite 132. Completed forms/documentation must be submitted **BEFORE** intake appointment. Completed forms/documentation can be faxed to 705-748-1509, Emailed to sas@trentu.ca or submitted in person. For more information please visit: https://www.trentu.ca/wellness/sas

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Trent Central Student Association</td>
<td>Medavie Blue Cross</td>
<td>September 1st to August 31st (of each school year)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $5.00</td>
<td>$10,000.00</td>
<td>None</td>
</tr>
</tbody>
</table>

**Additional Information:** Plan covers insulin injectables and supplies such as, syringes, needles, diagnostic test strips, alcohol swabs and lancets. Plan covers glucometers to a maximum of $150.00 every 5 years. Additional incentive to use Keep Direct2U - Generic Drug Coverage: 100% Coverage, Brand Name Drug Coverage: 80% Coverage, Dispensing Fee: $7

**Tips from our Alumni –**

“Some pharmacies don’t order or carry the same supplies as others. If you are transferring your prescription make sure that the new pharmacy has those same supplies and/or is willing to order/carry them for you.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

✓ Accessibility Services Available
X University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Student Accessibility Services

Documents Needed: Physician Documentation OR Permanent Disability Form

Apply by Phone
Call Ashima Rastogi, Accessibility Specialist, at 416-226-6620 ext. 2189.

Apply Online
Permanent Disability Form: http://www.tyndale.ca/accessibility-services/students/documentation

Send an Email @
Email accessibilityservice@tyndale.ca

NOTE: For more information please visit: http://www.tyndale.ca/accessibility-services.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
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Co-Pay | Maximum Coverage/Year | Blackout Period |
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</thead>
<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
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</table>

Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“Even though the university lifestyle can be hectic, there is plenty of time for everything. The best thing to do is to allocate the time beforehand and stick to that schedule.”

“You will be in a brand new environment with a lot of moving pieces, but it is an adaptive process and you should embrace it with open arms. It is an exciting time in your life!”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Student Accessibility Services

Apply by Phone
Call 519 824-4120, ext 56208 to schedule an appointment with an advisor.

Apply Online
Download Intake Form: https://wellness.uoguelph.ca/accessibility/how-we-do-it/new-student-intake-form

Send an Email @
Email completed New Student Intake Forms to accessibility@uoguelph.ca. An advisor will contact you to schedule an appointment.

NOTE: New Student Intake Forms can also be faxed to 519-824-9689 or mailed to: SAS, Level 3, U.C. University of Guelph, Guelph ON N1G 2W1. Physician documentation can be submitted with New Student Intake Form or submitted separately BEFORE intake appointment. For more information please visit: https://wellness.uoguelph.ca/accessibility/welcome-sas-here-help

University Insurance Benefits Program

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<tr>
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<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Central Student Association</td>
<td>Great-West Life Assurance Company</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
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<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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</thead>
<tbody>
<tr>
<td>Dispensing Fee Only</td>
<td>$5,000.00</td>
<td>6-7 weeks (September 1st to mid-October)</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin, lancets, needles and other diabetes supplies. For more information on covered diabetes supplies under this plan, please consult the online drug formulary of included pharmaceuticals and supplies.

Tips from our Alumni –

“The on-campus clinic was always very helpful in dealing with diabetes related concerns. The staff was very friendly and knowledgeable in many areas.”

“Professors were very accommodating. Anytime I had an issue I was able to leave the classroom without a problem. They also allowed me to be accompanied by another student if I needed it.”
**On-Campus Services Available**

- On-Campus Healthcare Clinic  
- On-Campus Pharmacy  
- Social Supports for Students with Diabetes

- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

**How to Apply for Accessibility Services**

**Accommodations Service Provider:**

**Accessibility Learning Services**

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email</th>
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</thead>
</table>

**Documents Needed:** Physician Documentation OR Medical Report Form

**NOTE:** Appointments can also be scheduled in person – Room B112 North. Completed forms and documentation can be submitted at intake appointment in person: 2nd Floor LRC. For more information please visit: [https://www.guelphhumber.ca/academic-services/accessible-learning-services](https://www.guelphhumber.ca/academic-services/accessible-learning-services)

**University Insurance Benefits Program**

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<th>Medical Coverage Provider</th>
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<tbody>
<tr>
<td>IGNITE</td>
<td>We Speak Student</td>
<td>September 1&lt;sup&gt;st&lt;/sup&gt; to August 31&lt;sup&gt;st&lt;/sup&gt; (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $10.50</td>
<td>$2,000.00</td>
<td>2-4 weeks (September 1&lt;sup&gt;st&lt;/sup&gt; to mid/end of September)</td>
</tr>
</tbody>
</table>

**Additional Information:** Plan covers insulin injectables and supplies. Insulin supplies are covered to a maximum of $500.00 per policy year.

**Tips from our Alumni –**

“If you’re going to be living on residence and need to change endocrinologists make sure you get a referral and appointment to your new endocrinologist before you move into residence. Luckily for myself there were both a diabetes clinic and endocrinologist right across the street, so I didn’t have to search far to find a new doctor or clinic.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Student Accessibility Services

Documents Needed: Intake Form AND Documentation of Medical Disability Form OR Physician Documentation

Apply by Phone

Call 905-721-3266 to schedule an appointment with an SAS advisor.

Apply Online

Intake Form: https://shared.uoit.ca/shared/department/student-accessibility-services/documentation/new-sas-student-intake-package.pdf After Intake Form is completed you will be emailed to schedule an appointment with an SAS advisor.

Send an Email @

Email the form to studentaccessibility@uoit.ca.

NOTE: Intake Form can be completed online or picked up in the SAS office – U5 Building. Completed forms must be submitted BEFORE intake appointment is scheduled. Physician Documentation can be submitted during intake appointment. For more information please visit: https://studentlife.uoit.ca/student-accessibility-services/index.php

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<tr>
<th>Administration</th>
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<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>The Student Association of Durham College and UOIT</td>
<td>WeSpeakStudent</td>
<td>September 1(^{st}) to August 31(^{st}) (of each school year)</td>
</tr>
</tbody>
</table>

<table>
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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $10.00</td>
<td>$3,000.00</td>
<td>None</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers diabetes supplies. Insulin supplies are covered to a maximum of $200.00 per policy year.

Tips from our Alumni –

“Allowing me to take my exams at the Student Accessibility Office really helped me a lot. I was able to stop to eat or take my insulin whenever I needed to and I was never penalized because of it.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
✓ On-Campus Pharmacy
✓ Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Documents Needed: Medical Certificate Form

Access Service Provider:

Apply by Phone
Call Access Services at 613-562-5976 to schedule an appointment with an Accommodation Service Advisor.

Apply Online
Register online at: https:// sass.uottawa.ca/apps/ventus /student/index.php?page=first-time-user (must have a valid UOttawa email. If you do not have a UOttawa email; send an e-mail to adapt@uottawa.ca).

Send an Email @
Email adapt@uottawa.ca with your name, phone number and the nature of your disability. An Accommodation Service Advisor will contact you to schedule an appointment.

NOTE: Completed forms/documentation must be submitted BEFORE intake appointment. For more information please visit: http://www.sass.uottawa.ca/access/

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student Federation of the University of Ottawa</td>
<td>Green Shield Canada</td>
<td>September 1st to August 31st (of each school year)</td>
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</table>

<table>
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<tr>
<th>Co-Pay</th>
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</tr>
</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $5.00</td>
<td>$1,000.00</td>
<td>8 weeks (September 1st to October 31st)</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers drugs that do not legally require a prescription such as, insulin and all other approved injectables, as well as related supplies, such as syringes, needles and testing agents.

Tips from our Alumni –

“I know it might sound funny, but I actually carried sugar packages everywhere – in my wallet, my pockets and in my backpack. I never really used them, but it made me feel more comfortable knowing if I needed sugar I wouldn’t have to scramble to find some.”
On-Campus Services Available

- ✓ On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- ✓ Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- ✓ University Health Insurance Plan
- ✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Accessibility Services

Documents Needed: Physician Documentation Form

Apply by Phone

- Call 705-671-6617 to schedule an appointment with an Accessibility Services Specialist.

Apply Online

- Email accessibilityservicesinfo@lul.ca to schedule an appointment.

Send an Email @

NOTE: Forms can be picked up in person at the Parker Building, Room P-230. Completed forms can be faxed to 705-675-4807 or submitted in person. For more information please visit: http://laurentian.ca/accessibility-services.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Campus Trust</td>
<td>ClaimSecure Inc.</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $6.99</td>
<td>$1000.00</td>
<td>None</td>
</tr>
</tbody>
</table>

Additional Information: Blood glucose monitors are covered up to $500 per policy year. Insulin pumps are covered up to $500 per lifetime

Tips from our Alumni –

“I am a varsity athlete and I always make sure my teammates and coaches know what to do in case of a low blood sugar. They are really supportive and it’s reassuring to know they can help if I need it.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
✓ Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Accessibility Services

Documents Needed: Chronic Health Registration Package

Apply by Phone
Call (416) 978-8060 to schedule an appointment with an advisor.

Apply Online
Download registration package:
https://www.studentlife.utoronto.ca/as/new-registration

Send an Email @
Email accessibility.services@utoronto.ca with your completed Chronic Health Registration package and supporting documents to get an intake appointment.

NOTE: Completed packages must be submitted BEFORE an intake appointment is scheduled. Completed packages can be faxed to 416-978-5729, emailed to accessibility.services@utoronto.ca, or submitted in person at 455 Spadina Avenue, 4th Floor, Suite 400, Toronto, Ontario M5S 2G8. For more information please visit: https://www.studentlife.utoronto.ca/as.

University Insurance Benefits Program

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<thead>
<tr>
<th>Administration</th>
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<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of Toronto Students’ Union</td>
<td>Desjardins Insurance</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>$5,000.00</td>
<td>4 to 6 weeks.</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers diabetes equipment to a maximum of $1000.00 per policy year. Insulin and all other related diabetes supplies, such as syringes, needles and testing agents are also included.

Tips from our Alumni –

“Because the campus is so large, I found that sometimes I had a low when walking from one class to another. Always be sure to carry glucose tablets around wherever you go – you never know when or where you are going to need them.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
✓ Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: AccessAbility Resource Centre

Documents Needed: Medical Certificate Form AND IEP (if applicable)

Apply by Phone

Call 905-569-4699 to schedule an appointment with an advisor.

Apply Online


Send an Email @ access.utm@utoronto.ca

NOTE: Completed forms can be faxed to 905-569-4366 or submitted in person – Room 2037 Davis Building. Forms can also be submitted during intake appointment. For more information please visit: http://www.utm.utoronto.ca/accessability/.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of Toronto Students’ Union</td>
<td>Desjardins Insurance</td>
<td>September 1st to August 31st (of each school year)</td>
<td>None</td>
<td>$5,000.00</td>
<td>4 to 6 weeks</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers diabetes equipment to a maximum of $1000.00 per policy year. Insulin and all other related diabetes supplies, such as syringes, needles and testing agents are also covered.

Tips from our Alumni –

“I was kind of nervous sharing a fridge with people. However, I was very open and honest with them and told them how important it was that they didn’t take my food. They were very respectful and I never had any issues.”
University of Toronto, Scarborough Campus

Address of Main Campus
1265 Military Trail
Toronto ON M1C 1A4
416-287-8872
www.utsc.utoronto.ca

Closest Diabetes Program
Rouge Valley Centenary
Diabetes Education Centre
2867 Ellesmere Road
Toronto ON M1E 4B9
416-281-7375

Closest Endocrinologist
Rouge Valley Centenary
2867 Ellesmere Road
Toronto ON M1E 4B9
416-281-7375

On-Campus Services Available
✓ On-Campus Healthcare Clinic
✓ Accessibility Services Available
X On-Campus Pharmacy
✓ University Health Insurance Plan
✓ Social Supports for Students with Diabetes
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

AccessAbility Services

Documents Needed: Medical Certificate Form AND IEP (if applicable)

Apply by Phone
Call 416-287-7560 to schedule an appointment with an advisor.

Apply Online
Medical Certificate Form: https://www.utsc.utoronto.ca/~ability/forms/PDF/April2016MEDCERT.pdf

Send an Email @
Email ability@utsc.utoronto.ca with your name, phone number and the nature of your disability. An advisor will contact you to schedule an appointment.

NOTE: Completed forms can be faxed to 416-287-7334 or submitted in person – SW 302. Completed forms can also be submitted during intake appointment. For more information please visit: http://www.utsc.utoronto.ca/~ability/

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of Toronto Scarborough Campus Students’ Union</td>
<td>Green Shield Canada</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any dispensing fee in excess of $5.00</td>
<td>$5,000.00</td>
<td>8 weeks (September 1st to October 31st)</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin to a maximum of $5,000.00 per policy year. Diabetes supplies are covered to a maximum of $5000.00 per policy year.

Tips from our Alumni –

“I always kept juice boxes under my bed. It made me feel more comfortable knowing that if I had a low at night I had sugar nearby, or that if I had a low at home there would always be sugar somewhere in my house, since no one knew the juice was there.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
✓ On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: AccessAbility Services

Apply by Phone
Call AccessAbility Services at 519-746-2401 to schedule an appointment with an advisor.

Apply Online
Complete your Initial Contact Form and Service Consent Form online at: https://uwaterloo.ca/accessibility-services/current-students/how-apply
After forms are completed please call to schedule an appointment with an advisor.

Send an Email @
Email access@uwaterloo.ca with your name, phone number and the nature of your disability. An advisor will contact you to schedule an appointment.

NOTE: The Initial Contact Form and AccessAbility Services Consent Form must be completed online. Completed forms must be submitted BEFORE intake appointment is scheduled and can be faxed to 519-746-2401, emailed or submitted during intake appointment. For more information please visit: https://uwaterloo.ca/accessibility-services

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of Waterloo Federation of Students</td>
<td>Sun Life Assurance Company of Canada</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $8.00</td>
<td>$12,500</td>
<td>8 weeks</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers blood glucose monitors to a maximum of $120.00 every 5 years.

Tips from our Alumni –

“Having University Health Insurance helped me out a lot. I don’t know what I would have done if I didn’t have the added help for paying for my diabetes supplies and insulin.”

“My experience with the campus health centre was very positive. They had doctors who were very friendly and knowledgeable in the area of diabetes and diabetes management.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

**Accommodations Service Provider:**
Student Accessibility Services

**Documents Needed:**
Documentation of Medical Disability Form OR Physician Documentation

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 519-253-3000 ext: 6172 to schedule an appointment with an Intake Advisor.</td>
<td>Documentation of Medical Disability Form: <a href="https://www.uwindsor.ca/studentaccessibility/sites/uwindsor.ca.studentaccessibility/files/documentation_of_medical_condition.pdf">https://www.uwindsor.ca/studentaccessibility/sites/uwindsor.ca.studentaccessibility/files/documentation_of_medical_condition.pdf</a></td>
<td>Email <a href="mailto:sas@uwindsor.ca">sas@uwindsor.ca</a> with your name, phone number and the nature of your disability. An advisor will contact you to schedule an appointment.</td>
</tr>
</tbody>
</table>

**NOTE:** Appointments can also be scheduled in person – Dillon Hall, Room 117. Completed forms/documentation can be faxed to 519-973-7095 or submitted during intake appointment. For more information please visit: [http://www.uwindsor.ca/studentaccessibility/](http://www.uwindsor.ca/studentaccessibility/)

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>University of Windsor Students’ Alliance</td>
<td>Desjardins Insurance</td>
<td>September 1st to August 31st (of each school year)</td>
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</tbody>
</table>

<table>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $8.00</td>
<td>$2,000.00</td>
<td>6-8 weeks (September 1st to mid/end of October)</td>
</tr>
</tbody>
</table>

**Additional Information:** Plan covers diabetes supplies. Plan also covers medical supplies with a physician prescription to a maximum of $500.00 per policy year. Additional incentive to use Direct2U Service – Mail Order Pharmacy, as they will cover 20% co-pay.

**Tips from our Alumni –**

“If you’re planning on using the extended health insurance provided by the school I recommend stocking up on supplies and medications a few months prior to going to school. It usually takes a month or two for direct payment to take effect. If you need supplies during that time you will have to pay out of pocket and then submit a claim for reimbursement.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Documents Needed: Documentation of Sensory, Physical and Medical Disabilities Form AND IEP

### Apply by Phone

Call 519-661-2147 to schedule an appointment with an SSD Counsellor.

### Apply Online

Email ssid@uwo.ca with your name, phone number and the nature of your disability. An advisor will contact you to schedule an appointment.

**NOTE:** Completed forms must be submitted at least 2 working days **BEFORE** intake appointment. Completed forms can be faxed to 519-850-2584 or mailed to: Student Development Centre – The University of Western Ontario, Western Student Services Building, Suite 4100, London ON N6A 3K7. For more information please visit: http://www.sdc.uwo.ca/ssd/, Western Student Services Building, Room 4111

University Insurance Benefits Program

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<tr>
<th>Administration</th>
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<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>University Students’ Council of the University of Western Ontario</td>
<td>The Campus Trust</td>
<td>September 1st to August 31st (of each school year)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% plus any dispensing fee in excess of $8.38</td>
<td>$5,000.00</td>
<td>None</td>
</tr>
</tbody>
</table>

**Additional Information:** Plan covers insulin, diabetes supplies, insulin syringes and needles, lancets, and diagnostic reagents for the diagnosis and monitoring of diabetes. Blood glucose monitors are covered to a maximum of $500.00 per policy year and insulin pumps are covered to a maximum of $500.00 per lifetime.

**Tips from our Alumni –**

“The Western Diabetes Club is a great student group to connect with other students who have diabetes on campus. I recommend signing up as soon as you get to the campus!”
**On-Campus Services Available**

<table>
<thead>
<tr>
<th>Service</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-Campus Healthcare Clinic</td>
<td>X</td>
</tr>
<tr>
<td>On-Campus Pharmacy</td>
<td>X</td>
</tr>
<tr>
<td>Social Supports for Students with Diabetes</td>
<td>✓</td>
</tr>
<tr>
<td>Accessibility Services Available</td>
<td>✓</td>
</tr>
<tr>
<td>University Health Insurance Plan</td>
<td>X</td>
</tr>
<tr>
<td>Nutrition Information Available On-Campus</td>
<td>X</td>
</tr>
</tbody>
</table>

**How to Apply for Accessibility Services**

**Accommodations Service Provider:**
Accessibility Services

**Documents Needed:** Not Specified

**Apply by Phone**
Call 519-668-2000 to schedule an appointment with an advisor.

**Apply Online**

**Send an Email @**
Email cbrown@westerveltcollege.com with your name, phone number and the nature of your disability. An advisor will contact you to schedule an appointment.

**NOTE:** For more information please visit: http://www.westervelt.ca.

**University Insurance Benefits Program**

<table>
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<tr>
<th>Administration</th>
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<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
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</table>

**Co-Pay**

<table>
<thead>
<tr>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
</tr>
</tbody>
</table>

**Additional Information:** There is no insurance plan available at this institution.

**Tips from our Alumni –**

“Some insurance plans offer an extra discount off your prescription co-pay if you fill them at a certain pharmacy. Check with your plan to see if you can save some extra cash this way!”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Accessible Learning Centre

Documents Needed: Self-Identification Form AND Physician Documentation OR Medical Form & Intake Form

Apply by Phone
- Call 519-884-0710 ext. 3086 to schedule and appointment with the Intake Coordinator.

Apply Online
- Download requirements https://students.wlu.ca/academics/support-and-advising/accessible-learning-centre/registration/documentation-requirements.html

Send an Email @
- Email the Self-Identification Form to accessible_learning@wlu.ca. The Intake Coordinator will call/email you to schedule an intake appointment.

NOTE: Completed forms and documentation can be faxed to 519-884-6570 or submitted in person – Arts, 1C11. For more information please visit: https://www.wlu.ca/accessible-learning/index.html

University Insurance Benefits Program

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<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wilfrid Laurier University Students’ Union</td>
<td>RWAM Insurance Administrators Inc.</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

Co-Pay | Maximum Coverage/Year | Blackout Period
-------|-----------------------|---------------|
20%     | $5,000.00             | None          |

Additional Information: Plan covers diabetes supplies, including needles, syringes, insulin and test strips. Plan also covers glucometers and insulin pumps to a maximum of $500.00 per policy year. Additional incentive to use Direct2U Service – Mail Order Pharmacy, as they will cover 20% co-pay.

Tips from our Alumni –

“Although the health centre wasn’t specifically for diabetes I found the doctor knew a lot about diabetes management. We actually developed a really good relationship over the course of my University term and I saw her regularly for all my diabetes related issues when I was on campus.”
On-Campus Services Available
✓ On-Campus Healthcare Clinic
✓ On-Campus Pharmacy
✓ Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services
Accommodations Service Provider: Student Accessibility Services (SAS)
Documents Needed: PSMDS Registration Package

Apply by Phone
Call 416-736-5755 to schedule an appointment with counselling services.

Apply Online

Send an Email @
Email sasinfo@yorku.ca

NOTE: Completed packages can be faxed to 416-650-8068 or dropped in person: Ross Building N108 or Students can attach their disability related documentation to their Student Accessibility Services Registration Form. For more information please visit: http://ds.info.yorku.ca/.

University Insurance Benefits Program

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<tr>
<th>Administration</th>
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<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>York Federation of Students</td>
<td>Green Shield Canada</td>
<td>September 1st to August 31st (of each school year)</td>
</tr>
</tbody>
</table>

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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
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</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>$1,000.00</td>
<td>None</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin and all other injectables, as well as related supplies such as syringes, needles and testing agents. Plan also covers diabetes equipment to a maximum of $500.00 per policy year. More information at: http://assets.greenshield.ca/greenshield/student/booklets/2016/YFS_30591_35003_ENG_09.16.pdf

Tips from our Alumni –
“Always keep your eyes open for diabetes related functions at York University. They constantly have things like information sessions and diabetic clinics for students. Although some of these functions are not on campus they are usually relatively close to the University.”
Legal Protections
For Students with Diabetes in Prince Edward Island

Prince Edward Island Human Rights Act
The Prince Edward Island Human Rights Act was first enacted in 1968, guaranteeing both residents and visitors to the province equal treatment regardless of certain identified characteristics (called “prohibited grounds of discrimination”).

Administered by the PEI Human Rights Commission, this act ensures discrimination is not present in areas such as, employment and access to accommodations, services, goods and facilities, among others.

Prince Edward Island Hospital and Medical Services Plan

Eligibility
To be eligible for Prince Edward Island Hospital and Medical Service Plan, a person must:

- Be a resident of PEI
  (a “resident” is defined as anyone who is legally entitled to remain in Canada and who makes his or her home and is ordinarily present, on an annual basis for at least six months plus a day in Prince Edward Island)

Coverage

- **Physicians**
  All medically required services provided by a physician, including Endocrinologists.

- **Diabetes Supplies and Insulin**
  Uninsured by HMSP. Coverage under Diabetes Drug Program and IPP – if eligible.

- **Other Healthcare Providers**
  Coverage of Diabetes Education Teams and Centres.

- **Dental Services in Hospital**
  Dental procedures and services which require hospitalization are covered.

- **Eye Care**
  Uninsured by HSMP.
Other Listed Insured Services

- Necessary surgical services
- Obstetrical services, including pre and post-natal care, new-born care
- Male and female sterilizations
- Specialist services when referred by an attending physician
- Standard meals and accommodations in hospital
- Nursing services that are medically necessary
- Laboratory, x-rays and diagnostic procedures in hospital
- Radiotherapy and physiotherapy in hospital
- Operating room, routine surgical supplies, and anesthetic facilities

Listed Uninsured Services

HMSP does not provide coverage for the following:

- Third-party examinations
- Immunizations
- Routine dental services such as examinations, fillings, cleanings and extractions
- Prescription drugs
- Any cosmetic surgery that is not medically required
- Vision care such as eye glasses and hearing aids
- Durable medical equipment such as artificial limbs and other devices
- Acupuncturists, audiologists, chiropodists, chiropractors, dieticians, homeopaths, naturopaths, optometrists, physiotherapists, podiatrists, osteopaths and psychologists

Other Benefits and Services

Diabetes Drug Program

The Diabetes Drug Program subsidizes the cost of approved diabetes medication (insulin products, oral diabetes medications, urine testing material and blood test strips) for residents of PEI. This program also approves high cost diabetes medication; however, patients must apply for this on an annual basis and provide income information to the program when applying for coverage on high cost medications.

In order to be eligible to receive benefits from this program an individual must be diagnosed with diabetes, be registered with the Provincial Diabetes Program and must be eligible for PEI provincial health insurance. There is a co-payment schedule for insulin, oral medication and testing materials.

For more information please call PEI Pharmacare at 1-877-577-3737 or visit: http://www.healthpei.ca/index.php3?number=1026278&lang=E.

Insulin Pump Program

Prince Edward Island Insulin Pump Program allows youth under the age of 19, living with type 1 diabetes with a valid PEI Health Card, to apply for coverage that will assist with the costs associated with insulin pump therapy.

Based on household income and private medical insurance, recipients of this program may qualify for up to 90% coverage on insulin pumps, infusion sets, reservoirs, site inserts, skin adhesive wipes and sterile transparent dressings.
To be eligible to be registered in the PEI Insulin Pump Program and receive an insulin pump and pump supplies through the IPP, there are several criteria that must be met, including the following:

Individuals must:

- Be diagnosed with Type 1 diabetes for over a year and be under the age of 19
- Be assessed and approved by a Health PEI Diabetes Care Team
- Attend and complete the requirements of the Provincial Diabetes Program’s Insulin Pump Therapy Education Program
- Demonstrate competency in carbohydrate counting, sick day and hyperglycemia management, insulin dose adjustment and injection site rotation
- Attend an appointment with a diabetes care team three or more times in the last year prior to initiating insulin pump therapy; with at least one of these appointments be attended in PEI
- Commit to attend three or more follow up appointments per year, with intensive follow ups within the first six weeks after pump initiation
- Commit to self-monitoring of blood glucose a minimum four times a day and act on readings
- Ongoing lab monitoring including three or more A1C tests per year before and after pump initiation.
- Not have more than two episodes of diabetic ketoacidosis (DKA) in the past year

For more information please visit: http://www.healthpei.ca/insulin-pump.
On-Campus Services Available

- X On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- ✓ University Health Insurance Plan
- X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Student with Disabilities

Apply by Phone  Apply Online  Send an Email @

- Call 902-566-9619 to make an appointment with an advisor.
- Email ELCallin@hollandcollege.com to schedule an appointment with an advisor.

NOTE: It is recommended that diabetes is disclosed on the University Application. If disclosed an advisor will call to schedule an appointment. For more information please visit: http://www.hollandcollege.com/admissions/accommodation-for-students-with-disabilities/

University Insurance Benefits Program

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<tr>
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<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holland College Student Union</td>
<td>The Campus Trust</td>
<td>September 1st to August 31st (of each school year)</td>
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</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>$3,000.00</td>
<td>5-6 weeks (September 1st to mid-October) *can avoid blackout by registering online.</td>
</tr>
</tbody>
</table>

Additional Information: Plan covers insulin, syringes, needles, lancets and diagnostic reagents specific to the diagnosis and monitoring of diabetes. Blood glucose monitors are covered to a maximum of $500.00 per policy year and insulin pumps to a maximum of $500.00 per lifetime.

Tips from our Alumni –

“Keep an emergency contact list visible in your dorm room in case of emergencies. You should also consider giving one to your roommate or a friend on campus.”

“The Diabetes Education Centre is really close to campus which is great! The staff is all really friendly as well, which helped to make me feel more comfortable, especially when I first starting going there.”
On-Campus Services Available

- X On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- X University Health Insurance Plan
- X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Admissions

Apply by Phone

Call 902-628-8887 ext. 226 to schedule an appointment with an admissions representative.

Apply Online

Documents Needed: Physician Documentation

Send an Email @

Email bforeman@nccpei.com to schedule an appointment with an admissions representative.

NOTE: For more information please visit: http://www.mccpei.com/.

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
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<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
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<tr>
<td>Co-Pay</td>
<td>Maximum Coverage/Year</td>
<td>Blackout Period</td>
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<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>No Coverage</td>
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</table>

Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“Try to schedule any doctor’s appointments at the beginning of the semester when the workload is lighter. I had to cancel a few during exam time because I was just too busy, and it’s always annoying to reschedule.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

Accessibility Services Available

University Health Insurance Plan

Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:

Accessibility Services

Documents Needed: Medical Assessment Form

Apply by Phone

Call 902-628-4364 to make an appointment with Cathy Rose, Accessibility Services Coordinator.

Apply Online

Medical Assessment Form: http://files.upei.ca/studentlife/MedicalAssessmentFormStudentsWithDisabilities.pdf

Send an Email @

Email Cathy Rose at crose@upei.ca to make an appointment with the Coordinator of Accessibility Services.

NOTE: Documentation can be faxed to 902-628-4319 or mailed to: Webster Centre for Teaching and Learning, Attn: Cathy Rose, 550 University Avenue Charlottetown PE C1A 4P3. Documentation can also be submitted during intake appointment. For more information please visit: http://www.upei.ca/studentlife/accessibility.

University Insurance Benefits Program

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<tbody>
<tr>
<td>University of PEI Student Union</td>
<td>The Campus Trust</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<th>Co-Pay</th>
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<tbody>
<tr>
<td>10%</td>
<td>$2,000.00</td>
<td>None</td>
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</table>

Additional Information: Plan covers insulin, syringes, needles, lancets and diagnostic reagents specific to the diagnosis and monitoring of diabetes. Glucometers covered up to $500 per policy year. Insulin pumps covered up to $500 per lifetime. Remove Pharmex sentence.

Tips from our Alumni –

“If something goes wrong with your pump and you need a replacement, call the supplying company. They are really helpful and will get you a new pump super-fast!”

“Always carry loose change around in case you go low and need to grab something from a vending machine.”
12 QUÉBEC
Legal Protections
For Students with Diabetes in Québec

Québec Charter of Rights and Freedoms
Québec’s Charter of Rights and Freedoms is a statutory bill of rights and human rights code passed by the National Assembly of Quebec in 1975, coming into full effect in 1976. The Charter is unique as it covers not only fundamental human rights, but also a number of other important social and economic rights. Furthermore, the list of prohibited grounds for discrimination is quite extensive; a total of 14 prohibited grounds are enumerated.

Québec Regie de L’Assurance Maladie

Eligibility
To be eligible for RAMQ Health Insurance benefits an applicant must be:
- A Québec resident (person who is considered to be setting in Quebec or staying in Quebec as determined by the Law on Health Insurance)
- Present in Québec for more than half the year
- Registered with RAMQ

Coverage

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physicians</td>
<td>All medically required services provided by a physician, including Endocrinologists.</td>
</tr>
<tr>
<td>Diabetes Supplies and Insulin</td>
<td>Uninsured by RAMQ. Coverage under Prescription Drug Plan. Coverage also under IPRP – if eligible.</td>
</tr>
<tr>
<td>Other Healthcare Providers</td>
<td>Coverage of Diabetes Education Teams and Centres.</td>
</tr>
<tr>
<td>Dental Services in Hospital</td>
<td>Dental procedures and services which require hospitalization are covered.</td>
</tr>
<tr>
<td>Eye Care</td>
<td>Medically required eye exams provided by an Ophthalmologist or Optometrist for all those with medical conditions which require regular eye exams; including diabetes.</td>
</tr>
</tbody>
</table>

Other Listed Insured Services
- Special authorized plastic surgery (medically necessary services only)
- Some dental services out of hospital (for those 10 and under or recipients of last resort financial assistance for 12 consecutive months or more)
- Devices that compensate for physical deficiencies
- Hearing and visual devices
- Appliances for permanent ostomates
- External breastforms and ocular prostheses
Listed Uninsured Services

- Services rendered for cosmetic reasons
- Acupuncture
- Treatment of varicose veins by injection and the examination made at that time, in a private medical office
- Psycho-analysis (except when rendered in a facility authorized for this purpose by the Minister of Health and Social Services)
- Consultations by phone, fax, email or regular mail
- Appointments for the sole purpose of having a prescription renewed
- Most laboratory services (unless provided in a hospital)
- Certain highly specialized examinations when provided at other than a facility, such as ultrasound (except as part of assisted procreation activities), computer axial tomography (CAT or CT scans) and magnetic resonance imaging (MRIs)
- Orthodontics (e.g. installation of braces)
- Apicoectomies
- Periodontics, i.e. gum treatments and grafts
- Crowns other than prefabricated
- Dental implants, bleaching and veneers
- The purchase, fitting, and replacement of eyeglasses or contact lenses
- Administration of prescription drugs and anesthetics (including ophthalmic drops) during an examination
- Eye examinations required by educational institutions, employers, insurers, summer camps, associations or organizations
- Eye examinations to obtain a licence to drive a passenger vehicle or motorcycle

Other Benefits and Services

The Public Prescription Drug Insurance Plan
*In Québec all residents are required to have private prescription drug insurance. RAMQ does provide a public plan for those who do not qualify for a private group plan; aged 65 or more; providers of last resort financial assistance (Quebec government program that helps people on low income by providing financial support); or other holders of a claim slip.

People under 65, eligible for a private plan are required to join, at least for the portion of the plan that covers the drugs. Most private plans offer prescription drug coverage along with other services, such as paramedical services or consultations with certain health professionals (chiropractors, physiotherapists, dentists, etc.), but some offer prescription drug coverage only.

Coverage provided may vary from one private plan to another, depending on the agreement entered into between the policyholder and the insurance company or plan administrator.

However, in Québec, all private insurers offering prescription drug insurance must fulfill minimum conditions regarding the coverage they provide and the financial participation they require of the persons they insure.

Insulin Pump Reimbursement Program
(Programme d’accès aux pompes à insuline)
The Insulin Pump Reimbursement Program is open to all residents of Québec from the ages of 0 to 18 with type 1 diabetes. The program refunds you for the purchase of an insulin pump and supplies needed up to a maximum reimbursement of $6,300 for an insulin pump every 4 years. A maximum of $4,000 per year is granted for supplies.

In order to be eligible for the program, the following criteria must be met:

- Blood glucose levels must be monitored before each meal and at bedtime
- Blood glucose levels must be regularly recorded
- The concept of carbohydrate calculations must be mastered and be incorporated into a food plan
- An Insulin pump training program must be successfully completed
- Regular clinic follow up appointments – at least 3 times per year
- Regular attendance in clinic classes – to keep an updated knowledge on care

Once admitted, a person is maintained in the program, even after the age of 18, as long as continue to meet the clinic criteria of eligibility. An assessment of eligibility must be made annually.

For more information please visit: http://www.sante.gouv.qc.ca/.
On-Campus Services Available
✓ On-Campus Healthcare Clinic
✓ On-Campus Pharmacy
✓ Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Student Accessibility and Accommodation Services

Documents Needed: Physician Documentation OR Disability Verification Form

Apply by Phone
Call Laura Valsan, Coordinator of Student Accessibility & Accommodations at 819-822-9600 ext. 2434 to schedule an appointment.

Apply Online
Online SASS registration form

Send an Email @
Email laura.valsan@ubishops.ca to schedule an appointment with the Student Accessibility & Accommodations Coordinator.

NOTE: Documentation can be submitted in person to DON 227.
For more information please visit: http://www.ubishops.ca/student-accessibility-accommodation-services/.

University Insurance Benefits Program

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<tr>
<td>Bishop’s University Students’ Representative Council</td>
<td>Desjardins Financial Security</td>
<td>September 1st to August 31st (of each school year)</td>
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<tr>
<td>0% for Québec Residents Only – 20% For All Other Canadian Residents</td>
<td>No Maximum</td>
<td>8 weeks (September 1st to October 31st)</td>
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</table>

Additional Information: Plan covers insulin. No other specifics given.

Tips from our Alumni –

“If you’re using any health services while away at school, always make sure to ask if they bill your provincial health insurance directly or if you have to pay upfront and submit it yourself. I know some hospitals will submit your claims directly, however private or smaller clinic may not be as willing.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Access Centre for Students with Disabilities

Documents Needed: Physician Documentation

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 514-848-2424 ext. 3525 to schedule an appointment with an advisor.</td>
<td>Email <a href="mailto:acsdinfo@concordia.ca">acsdinfo@concordia.ca</a> to schedule an appointment with an advisor.</td>
<td></td>
</tr>
</tbody>
</table>

Note: Appointments can also be scheduled in person – Room H580. Documents can be faxed to 514-848-3524 or they can be submitted during intake appointment. For more information please visit: http://www.concordia.ca/students/accessibility.html.

University Insurance Benefits Program

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<td>Concordia Student Union</td>
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Additional Information: Plan covers insulin. No other specifics given.

Tips from our Alumni –

"It’s really important to always schedule time in for yourself. No matter how much work or studying I had to do, I always made sure to stop at least one hour before I went to bed. This gave me the time I needed to wind down and just relax."
### On-Campus Services Available

<table>
<thead>
<tr>
<th>On-Campus Services Available</th>
<th>Accessibility Services Available</th>
<th>University Health Insurance Plan</th>
<th>Nutrition Information Available On-Campus</th>
</tr>
</thead>
<tbody>
<tr>
<td>X On-Campus Healthcare Clinic</td>
<td>✓</td>
<td>X</td>
<td>✓</td>
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<tr>
<td>X On-Campus Pharmacy</td>
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<tr>
<td>X Social Supports for Students with Diabetes</td>
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</table>

### How to Apply for Accessibility Services

**Accommodations Service Provider:** Services aux Étudiants

- **Apply by Phone:** Call Education Management Officer at 514-396-8800 ext. 7534.
- **Apply Online:** To download the supplementary forms, please visit: [http://www.etsmtl.ca/Etudiants-actuels/Baccalauréat/Service-appui-reussite/Étudier-en-situation-de-handicap/FormulaireESH](http://www.etsmtl.ca/Etudiants-actuels/Baccalauréat/Service-appui-reussite/Étudier-en-situation-de-handicap/FormulaireESH)
- **Send an Email @** Email sae.esh@etsmtl.ca to schedule an appointment.

**NOTE:** For more information please visit: [https://www.etsmtl.ca/Etudiants-actuels/Baccalauréat/Service-appui-reussite/Étudier-en-situation-de-handicap](https://www.etsmtl.ca/Etudiants-actuels/Baccalauréat/Service-appui-reussite/Étudier-en-situation-de-handicap)

### University Insurance Benefits Program

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**Additional Information:** There is no insurance plan available at this institution.

### Tips from our Alumni –

“On a night out with your friends, it’s really important that you go out with people you know and who know what to do if you do have a low. I know telling people about your diabetes can be challenging in the beginning, but you’ll find that most people are eager to learn more about it.”
Address of Main Campus
3000 Chemin de la Cote-Sainte Catherine
Montreal QC H3T 2A7
514-340-6000
www.hec.ca

Closest Diabetes Program
Montreal General Hospital
1650 Avenue Cedar
Montreal QC H3G 1A4
514-934-8488

Closest Endocrinologist
Montreal General Hospital
1650 Avenue Cedar
Montreal QC H3G 1A4
514-934-8488

On-Campus Services Available

- X On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- X University Health Insurance Plan
- X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Student Success Office

Documents Needed:
Physician Documentation AND Online Formulary

Apply by Phone
Call 514-340-6166 to schedule an appointment with an advisor

Apply Online
Online registration form: http://www.hec.ca/en/current_student/impairment/index.html#37068

Send an Email @
Email sae.integration@hec.ca to schedule an appointment with an advisor.

NOTE: Appointments can also be scheduled in person – Room 5.218, Édifice Decelles
For more information please visit: http://www.hec.ca/en/current_student/impairment/index.html

University Insurance Benefits Program

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</table>

Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

"Remember that having diabetes shouldn’t stop you from participating in sports or physical activity, whether it’s swimming, hockey or dancing. Just remember that exercise can lower your blood sugars, so test often before and after and even during.”
On-Campus Services Available

X On-Campus Healthcare Clinic  ✓ Accessibility Services Available
X On-Campus Pharmacy  X University Health Insurance Plan
X Social Supports for Students with Diabetes  X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Services Aux Étudiants

Documents Needed: Physician Documentation

<table>
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<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
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<tbody>
<tr>
<td>Call 418-641-3000 ext. 6527 to schedule an appointment with a student services advisor.</td>
<td>Email <a href="mailto:genevieve.cantinchartre@enap.ca">genevieve.cantinchartre@enap.ca</a> to schedule an appointment with an advisor.</td>
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NOTE: For more information please visit: http://www.enap.ca/enap/426/Consultations_individuelles.enap.

University Insurance Benefits Program

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Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“If you know your class schedule ahead of September, try to make an appointment with your health team to plan when you can fit in meals, testing, and exercise. They can also help you anticipate what days you might have trouble with highs or lows, like a day with no breaks between classes.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
X University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider
Soutien aux étudiants en situation de handicap (SESH)

Documents Needed: Physician Documentation

Apply by Phone
Apply Online
Send an Email @

Call student services at 514-340-4843 to make an appointment with a SESH advisor.
Email sep-esh@polymtl.ca to schedule an appointment with a SESH advisor.

NOTE: For more information please visit: http://www.polymtl.ca/soutien/etudiants-en-situation-de-handicap/accueil-des-etudiants.

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</table>

Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“Remember to advocate for yourself to get the most out of your post-secondary experience. Tell your professors and register for accessibility services. Especially if you have a class or professor that has a problem with bringing food/drinks or technology into a classroom, lab or exam room.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

How to Apply for Accessibility Services

Accommodations Service Provider: Services Aux Étudiants

Documents Needed: Physician Documentation

Apply by Phone

Call 418-654-1801 to schedule an appointment with a student services advisor.

Apply Online

Send an Email @

Email joanie.lavoie@inrs.ca to schedule an appointment with a student services advisor.

NOTE: For more information please visit: http://www.inrs.ca/etudier/etudiants/services-aux-etudiants.

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Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“Many schools require medical documentation from a doctor before you can use the accessibility accommodations that they offer. Check with the school to see what they require, and ask your doctor for any special notes or records you may need BEFORE the semester starts! This will make the process a lot quicker and easier!”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
x On-Campus Pharmacy
✓ Social Supports for Students with Diabetes
✓ Accessibility Services Available
x University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Pavillon Maurice Pollock Student Support Centre

Documents Needed: Physician Documentation

Apply by Phone

Call 418-656-2880 to schedule an appointment with an advisor.

Apply Online

Send an Email @

Email acsesh@aide.ulaval.ca to schedule an appointment with an advisor.

NOTE: Appointments can also be made in person – Pavillon Maurice-Pollack, 2nd floor. Documentation can be submitted during intake appointment. For more information please visit: http://www.aide.ulaval.ca/cms/site/aide/.

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Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“If you need additional support at school, visit your campus counseling services. They are there to help and they are really good at it!”

“During high stress periods, you need to remember to always make sure you take some time to exercise, snack healthy and give yourself a good amount of sleep.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
✓ Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Office for Students with Disabilities

Documents Needed: Not Specified

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
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NOTE: Appointments can also be scheduled in person – 3459 McTavish Street, Suite RS56
For more information please visit: [http://www.mcgill.ca/osd/](http://www.mcgill.ca/osd/)

University Insurance Benefits Program

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<td>Students’ Society of McGill University</td>
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Additional Information: Plan covers insulin. No other specifics given

Tips from our Alumni –

“Trying to transfer prescriptions is nearly impossible when moving from Ontario to Québec. I found it easier to bring my prescription list to a new practitioner in Québec and getting him to give me a new prescription to fill.”

“I did not get a referral to a new Endocrinologist in Québec. It was easier for me to schedule my appointments with my Endocrinologist in my hometown when I came home for holidays and school break periods.”

Address of Main Campus
845 Sherbrooke Street West
Montreal QC H3A 0G4
514-398-4455
www.mcgill.ca

Closest Diabetes Program
Montreal General Hospital
1650 Avenue Cedar
Montreal QC H3G 1A4
514-934-8488

Closest Endocrinologist
Montreal General Hospital
1650 Avenue Cedar
Montreal QC H3G 1A4
514-934-8488

On-Campus Services Available

✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
✓ Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

Tips from our Alumni –

“Trying to transfer prescriptions is nearly impossible when moving from Ontario to Québec. I found it easier to bring my prescription list to a new practitioner in Québec and getting him to give me a new prescription to fill.”

“I did not get a referral to a new Endocrinologist in Québec. It was easier for me to schedule my appointments with my Endocrinologist in my hometown when I came home for holidays and school break periods.”
Sherbrooke University

Address of Main Campus
2500 Boulevard de l'Université Sherbrooke QC J1K 2R1
819-821-7000
www.usherbrooke.ca

Closest Diabetes Program
Centre Hospitalier Universitaire de Sherbrooke
Centre de jour du diabète
580 Bowen Road South
Sherbrooke QC J1G 2E8
819-346-1110 ext. 28079

Closest Endocrinologist
Centre Hospitalier Universitaire de Sherbrooke
580 Bowen Road South
Sherbrooke QC J1G 2E8
819-346-1110 ext. 28079

On-Campus Services Available
✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
✓ Social Supports for Students with Diabetes
✓ Accessibility Services Available
X University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services
Accommodations Service Provider: Student with Disabilities

Documents Needed: Physician Documentation

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
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</thead>
<tbody>
<tr>
<td>Call 819-821-7997 to schedule an appointment with an advisor.</td>
<td></td>
<td>Email <a href="mailto:prog.integration@USherbrooke.ca">prog.integration@USherbrooke.ca</a> to schedule an appointment with the Student integration program and students with disabilities.</td>
</tr>
</tbody>
</table>

NOTE: Documentation can be submitted during intake appointment. For more information please visit: https://www.usherbrooke.ca/etudiants/appui-a-la-reussite/etudiants-en-situation-de-handicap/

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
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<tbody>
<tr>
<td>No Coverage</td>
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<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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<tbody>
<tr>
<td>No Coverage</td>
<td>No Coverage</td>
<td>Not Specified</td>
</tr>
</tbody>
</table>

Additional Information: There is no insurance plan available at this institution. All students are required to be insured by either private insurance or the Quebec public drug insurance plan offered by RAMQ.

Tips from our Alumni –
“Technology is your friend! You can set reminders on your computer or smart phone to establish a daily routine. I used my phone to track my blood sugars and it helped out a great deal with managing my levels.”
On-Campus Services Available

- X On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes

✓ Accessibility Services Available

X University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

**Documents Needed:** Physician Documentation AND Supplementary Forms

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
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</thead>
<tbody>
<tr>
<td>Call 1-888-843-4333 to schedule an appointment with student services advisor.</td>
<td>Visit <a href="http://www.teluq.ca/site/services/soutien_etudiants_handicap.php">http://www.teluq.ca/site/services/soutien_etudiants_handicap.php</a> to download supplementary forms.</td>
<td></td>
</tr>
</tbody>
</table>

**NOTE:** For more information please visit [http://www.teluq.ca/site/services/soutien_etudiants_handicap.php](http://www.teluq.ca/site/services/soutien_etudiants_handicap.php).

University Insurance Benefits Program

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<tbody>
<tr>
<td>No coverage</td>
<td>No coverage</td>
<td>No coverage</td>
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</table>

**Additional Information:** There is no insurance plan available at this institution.

**Tips from our Alumni –**

“It can be hard, but it’s really important to try and keep your blood glucose levels as close to normal as possible during exam time because then you’ll be able to concentrate properly and do your best.”
On-Campus Services Available

- ✓ On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- ✓ Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- X University Health Insurance Plan
- ✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Soutien aux étudiants en situation de handicap

Documents Needed: Registration Form AND Physician Documentation

Apply by Phone
Call 514-343-7928 to schedule an appointment with an SESH advisor.

Apply Online
Complete online registration form on the following link:

Send an Email @
Email Marjolaine Lalonde, Information Clerk at marjolaine.lalonde.1@umontreal.ca to schedule an appointment with an adviser.

NOTE: Completed forms must be submitted BEFORE intake appointment is scheduled. Completed forms are available and can be submitted online. Physician Documentation can be submitted during intake appointment. For more information please visit: http://www.bsesh.umontreal.ca.

University Insurance Benefits Program

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</table>

Additional Information: There is no insurance plan available at this institution. All students are required to be insured by either private insurance or the Quebec public drug insurance plan offered by RAMQ.

Tips from our Alumni –

“Take advantage of the accommodations your school has available to you! This is especially important during exam times when you might need extra time to eat or inject.”

“If you are moving into residence it is important to let the don on your floor know about your diabetes. It is also a good idea to request that you are checked on from time to time.”
On-Campus Services Available

- X On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- X University Health Insurance Plan
- ✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Soutien aux étudiants en situation de handicap (SESH)

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<thead>
<tr>
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<tbody>
<tr>
<td>Call 514-987-3148 to schedule an appointment with an advisor.</td>
<td>Email <a href="mailto:situation.handicap@uqam.ca">situation.handicap@uqam.ca</a> to set up an appointment with an advisor.</td>
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</table>

NOTE: Forms can be submitted via e-mail or in person at room J-M870 of the university. For more information please visit: http://vie-etudiante.uqam.ca/etudiant-situation-handicap/nouvelles-ressources.html.

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</table>

Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“Some students may not register with a new local doctor because they assume they will see their own doctor at home during holidays and over the summer. But you should get a referral for a local doctor in case you get sick or need a prescription.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Soutien aux étudiants en situation de handicap (SESH)

Apply by Phone

Call 418-545-5030 to speak with student services and schedule an appointment with an advisor.

Apply Online


Send an Email @

Email Disability Advisor at eve2_simard@uqac.ca

NOTE: Forms can be submitted via e-mail or in person at room P1-1040 of the university. For more information please visit http://sae.uqac.ca/soutien-situationdehandicap/.

University Insurance Benefits Program

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Additional Information: There is no insurance plan available at this institution. All students are required to be insured by either private insurance or the Quebec public drug insurance plan offered by RAMQ.

Tips from our Alumni –

“Preparing for university can be hard for everyone, but moving away with diabetes can be even more difficult, especially if you’re going far away. It’s important to know that even if it seems like you’re all alone, you still have a support system at home – your parents, friends, diabetes team etc.”
On-Campus Services Available

X On-Campus Healthcare Clinic
X On-Campus Pharmacy
✓ Social Supports for Students with Diabetes
✓ Accessibility Services Available
X University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Soutien aux étudiants en situation de handicap (SESH)

Apply by Phone
Apply Online
Send an Email @

Call 418-723-1986 ext. 1530 to schedule an appointment with a SESH advisor.

Email sabp@uqar.ca to schedule an appointment with a SESH advisor.

NOTE: For more information please visit: http://www.uqar.ca/besoins-particuliers/integration/.

University Insurance Benefits Program

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</table>

Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“It’s a good idea to find out where the campus health centre is and write down their hours and phone number so you’ll have it with you when you need it. It’s also a good idea to find out where the closest after hours clinic and emergency services are.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

Accessibility Services Available

- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Soutien aux étudiants en situation de handicap (SESH)

Documents Needed: Physician Documentation

Apply by Phone

Call 819-762-0971 ext. 2145 to schedule an appointment with an advisor.

Apply Online

Send an Email @

Email bar@uqat.ca to set up an appointment with an advisor.

NOTE: For more information please visit: http://www.uqat.ca/services/etudiants/soutien-reussite/

University Insurance Benefits Program

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Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“If you’re living with roommates or sharing a communal fridge, make sure you label your snacks and drinks with a note to clearly indicate that these are your low supplies for your diabetes. This way friends and roommates don’t accidently eat/drink/snack on your emergency supplies.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Soutien Aux Étudiants En Situation De Handicap (SESH)

Documents Needed: Physician Documentation

Apply by Phone

Call 819-595-3900 to schedule an appointment with an advisor.

Apply Online

Send an Email @

NOTE: For more information please visit: http://uqo.ca/handicap.

University Insurance Benefits Program

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<td>No Coverage</td>
</tr>
</tbody>
</table>

Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“It’s a good idea to keep photocopies of your health card, insurance account number/information and prescription in case you lose your wallet or bag. If possible, keep a second set of your diabetes supplies with a friend or perhaps your dorm RA (resident advisor) in case you get locked out of your room or lose your bag.”
On-Campus Services Available
✓ On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
X University Health Insurance Plan
✓ Nutrition Information Available On-Campus

On-Campus Services
- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

How to Apply for Accessibility Services

Accommodations Service Provider: Soutien aux étudiants en situation de handicap (SESH)

How to Apply by Phone
Call 819-376-5011 ext.2529 to schedule an appointment with an advisor.

How to Apply Online
Register online for Adapted Services:
https://oraprdnt.uqtr.uquebec.ca/pls/public/gscw031?owa_no_site=3746&owa_no_fiche=85

Send an Email @

Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“Make sure you know how to carb count before you transition. Carb counting cafeteria food is really hard because of the deep frying and the amount of sauce they use.”
Legal Protections
For Students with Diabetes in Saskatchewan

Saskatchewan Human Rights Code
The Saskatchewan Human Rights Act promotes and protects individual dignity and equal rights in Saskatchewan. Administered by the Human Rights Commission, this Act prohibits unreasonable discrimination in employment, and accessibility to goods, services, accommodations and education, amongst several other areas.

Saskatchewan Health Services

Eligibility
To be eligible for Saskatchewan Health Services, a person must:
- Be a permanent resident of Saskatchewan
- Be physically present in Saskatchewan six months in a calendar year

Coverage

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physicians</td>
<td>All medically required services provided by a physician, including Endocrinologists.</td>
</tr>
<tr>
<td>Diabetes Supplies and Insulin</td>
<td>Partial coverage under Saskatchewan Special Support Program. Additional coverage under IPP and Supplementary Health Program – if eligible.</td>
</tr>
<tr>
<td>Other Healthcare Providers</td>
<td>Coverage of Diabetes Education Teams and Centres. Partial coverage of services provided by Podiatrists.</td>
</tr>
<tr>
<td>Dental Services in Hospital</td>
<td>Dental procedures and services which require hospitalization are covered.</td>
</tr>
<tr>
<td>Eye Care</td>
<td>Uninsured by SHS. Coverage under SHP – if eligible.</td>
</tr>
</tbody>
</table>

Other Listed Insured Services
- Saskatchewan HealthLine
- All medically necessary physician and hospital services including medically required surgery
- Accommodation and meals at the standard level in hospital
- Medications administered in hospital
- Use of the operating room, care room and anaesthetic facilities
- Routine surgical supplies
- Occupational, speech and physiotherapy provided by a publically registered medical professional in a hospital, special care home or community agency
• X-ray, diagnostic and laboratory tests in approved facilities when approved by a physician
• Cancer care
• STI treatment and HIV testing
• Immunization services

Listed Uninsured Services
Saskatchewan Health Services does not provide coverage for the following:

• Personal care home benefits or home care services received from private home nursing agencies
• Private counselling services
• Private midwifery services
• Health services performed at the request of a third party, such as examinations for employment, drivers’ licences, insurance, travel, immigration or emigration
• Services that are not medically required
• Pharmaceuticals
• Additional charges for a private or semi-private room
• Services performed by chiropodists and podiatrists
• Services performed by audiologists, speech therapists, occupational therapists and physiotherapists in private practice
• Chiropractic, naturopathic and osteopathic services
• Podiatry services
• Massage therapy
• Routine dental care

Other Benefits and Services

Saskatchewan Special Support Program
The Saskatchewan Special Support Program is an income based program designed to provide fair access to coverage for prescription drugs. Coverage is available to Saskatchewan residents whose drug costs are high in relation to their family income. Saskatchewan residents must apply every year to the province for coverage under the program.

Anyone registered with Saskatchewan Health Services who has a valid Health Card is eligible for this program. Residents however must register with this program separately to be entitled to the program’s benefits. There is an annual deductible amount residents are required to pay based on family income.

For more information please contact Saskatchewan Health at 1-800-667-7581.

Supplementary Health Program
The Supplementary Health Program provides additional medical and dental service and coverage for qualified residents. Eligibility is determined by the Ministry of Social Services.

For more information please contact the nearest Ministry of Social Services in Saskatchewan or call 1-800-266-0695.

Saskatchewan Insulin Pump Program
The Saskatchewan Insulin Pump Program ensures that cost is not a barrier to appropriate medical treatment for those clients 25 years of age and under; who require an insulin pump to manage their type 1 diabetes; and are not eligible for benefits under a Federal Government program such as the Non-Insured Health Benefits program.
The Saskatchewan Aids to Independent Living (SAIL) program fully covers insulin pumps for eligible individuals. Coverage will be available for one pump every five years up to the age of 25. The government will also provide full coverage of pump supplies for:

- Individuals aged 17 years old and under, who have coverage under Family Health Benefits.
- Individuals with coverage under the Supplementary Health Program or certain programs under SAIL.

If you are not covered under any of the two above program, you are responsible for your own pump supplies.

To apply for the Saskatchewan Insulin Pump Program, you must:

- Be assessed by an endocrinologist or a specialist physician who recommend the use of an insulin pump as a medical necessity
- Participate in a regional health authority diabetes education program
- Participate in a regional health authority insulin pump information program
- Meet specific medical criteria (please visit https://www.saskatchewan.ca/residents/health/accessing-health-care-services/insulin-pump-program for medical requirement details).

For more information please contact Saskatchewan Drug Plan and Extended Benefits at 1-800-667-7581 or visit: https://www.saskatchewan.ca/residents/health/accessing-health-care-services/insulin-pump-program.
**Administration** | **Medical Coverage Provider** | **Duration**
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No Coverage | No Coverage | No Coverage

**Co-Pay**

<table>
<thead>
<tr>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
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</table>
No Coverage | No Coverage |

**Additional Information:** There is no insurance plan available at this institution.

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**On-Campus Services Available**

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

**How to Apply for Accessibility Services**

**Accommodations Service Provider:** Student Success Centre

<table>
<thead>
<tr>
<th>Apply by Phone</th>
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<th>Send an Email @</th>
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</table>
Call 306-756-3230 to schedule an appointment with an advisor. |  | Email studentsuccesscentre@briercrest.ca with your name, phone number and the nature of your disability. A advisor will contact you to schedule an appointment. |

**NOTE:** For more information please visit: [http://www.briercrest.ca/successcentre/services/academic-accommodations/](http://www.briercrest.ca/successcentre/services/academic-accommodations/).

**University Insurance Benefits Program**

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**Tips from our Alumni** –

“Call the pharmacy closest to your school to confirm they will accept prescriptions from a different province, if you are moving away from home.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Centre for Student Accessibility

Documents Needed: Intake Form AND Verification Form

Apply by Phone

Call 306-585-4631 to schedule an appointment with an Accessibility Advisor.

Apply Online

Download intake and medical forms: https://www.uregina.ca/student/accessibility/students/forms.html

Send an Email @

Email accessibility@uregina.ca to schedule an appointment with an Accessibility Advisor.

NOTE: Appointments can also be scheduled in person—Riddell Centre 251. Completed forms can be submitted during intake appointment. For more information please visit: http://www.uregina.ca/student/accessibility.

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<tbody>
<tr>
<td>University of Regina Students’ Union</td>
<td>Sun Life Assurance Company of Canada</td>
<td>September 1&lt;sup&gt;st&lt;/sup&gt; to August 31&lt;sup&gt;st&lt;/sup&gt; (of each school year)</td>
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<tr>
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<tbody>
<tr>
<td>20%</td>
<td>No Maximum</td>
<td>8 weeks (September 1&lt;sup&gt;st&lt;/sup&gt; to October 31&lt;sup&gt;st&lt;/sup&gt;)</td>
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</tbody>
</table>

Additional Information: Plan covers most insulin. Rexall covers up to 50% to a maximum of $40.

Tips from our Alumni –

“You’re never alone with your diabetes management. Your adult diabetes health care team can help with suggestions and resources.”
Apply by Phone
Call 1-800.667-2623 or 306-682-2623 to schedule an appointment with the Learning Specialist.

Apply Online

Send an Email @

Studentservices@carltontrailcollege.com with your name, phone number and the nature of your disability. An advisor will contact you to schedule an appointment.


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Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“Make it a habit to order more diabetes supplies BEFORE you run out of them! Check how many refills you have left of each prescription, such as insulin and test strips.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

Accessibility Services Available
University Health Insurance Plan
Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Learner Services

Documents Needed: Not Specified

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<tbody>
<tr>
<td>Call Linsey Moskal at 306-752-2786 (Melfort); Brenda Ives at 306-862-9833 (Nipawin); or Sherilyn Coates at 306-873-2525 (Tisdale)</td>
<td>Download Accommodations Form <a href="https://www.cumberlandcollege.sk.ca/docs/311%20-%20Student%20Request%20for%20Accomodation.docx">https://www.cumberlandcollege.sk.ca/docs/311%20-%20Student%20Request%20for%20Accomodation.docx</a></td>
<td>Email Linsey Moskal at <a href="mailto:lmoskal@cumberlandcollege.sk.ca">lmoskal@cumberlandcollege.sk.ca</a>; Brenda Ives at <a href="mailto:bives@cumberlandcollege.sk.ca">bives@cumberlandcollege.sk.ca</a>; or Sherilyn Coates at <a href="mailto:scoates@cumberlandcollege.sk.ca">scoates@cumberlandcollege.sk.ca</a></td>
<td></td>
</tr>
</tbody>
</table>

NOTE: Students must contact an advisor for their specific program at their campus location for details about accessing accommodations for students with disabilities.
For more information: [https://www.cumberlandcollege.sk.ca/index.php?id=24](https://www.cumberlandcollege.sk.ca/index.php?id=24)

University Insurance Benefits Program

<table>
<thead>
<tr>
<th>Administration</th>
<th>Medical Coverage Provider</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gallivan &amp; Associates Student Networks</td>
<td>Great-West Life Assurance Company of Canada</td>
<td>12 months (from the first day the program begins)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Co-Pay</th>
<th>Maximum Coverage/Year</th>
<th>Blackout Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>$3,000.00</td>
<td>6-8 weeks</td>
</tr>
</tbody>
</table>

Additional Information: Prescription drug coverage is based on the Saskatchewan Provincial Drug Formulary.

Tips from our Alumni –

“Prepare for an unpredictable daily schedule. Some days you might have an early class, and some days your first class might not be until noon!”
## On-Campus Services Available

<table>
<thead>
<tr>
<th>Service</th>
<th>On-Campus</th>
<th>Accessibility Services Available</th>
<th>University Health Insurance Plan</th>
<th>Nutrition Information Available On-Campus</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-Campus Healthcare Clinic</td>
<td>X</td>
<td>✓</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>On-Campus Pharmacy</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Social Supports for Students with Diabetes</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### How to Apply for Accessibility Services

**Accommodations Service Provider:** Registrar's Office

**Documents Needed:** Physician Documentation

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
<th>Send an Email @</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call Sandra Schwartz, Director of Admissions, at 306-962-3621 to schedule an appointment.</td>
<td>Email Sandra Schwartz, Director of Admissions, at <a href="mailto:sschwartz@estoncollege.ca">sschwartz@estoncollege.ca</a> to schedule an appointment.</td>
<td></td>
</tr>
</tbody>
</table>

**NOTE:** No other information available.

## University Insurance Benefits Program

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<th>Administration</th>
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</tr>
</tbody>
</table>

### Additional Information:
There is no insurance plan available at this institution.

## Tips from our Alumni –

“If you can, try to test more than usual each day for the first few weeks of school. This will help you figure out adjustments for food and insulin for your new schedule.”

The Address of Main Campus: 730 1st Street South
Eston SK S0L 1A0
306-962-3621

The Closest Diabetes Program: The Eston Health Centre
800 Main Street
Eston SK S0L 1A0
306-962-3667

The Closest Endocrinologist: Dr. G. Dala
140B Idylwyld Drive North
Saskatoon SK S7L 0Y7
306-933-3004

www.estoncollege.ca
First Nations University of Canada

Address of Main Campus
1 First Nations Way
Regina SK S4S 7K2
306-790-5950

www.fnuniv.ca

Closest Diabetes Program:
Regina General Hospital
Metabolic & Diabetes Education Centre
1440-14th Avenue
Regina SK S4P 0W5
306-766-4540

Closest Endocrinologist:
Regina General Hospital
1440-14th Avenue
Regina SK S4P 0W5
306-766-4540

On-Campus Services Available
✓ On-Campus Healthcare Clinic
✓ On-Campus Pharmacy
✓ Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Centre for Student Accessibility

Documents Needed: Intake Form AND Verification Form

Apply by Phone
Apply Online
Send an Email @

Call 306-585-4631 to contact the Coordinator of Special Needs Services.
Download forms at University of Regina website:
https://www.uregina.ca/student/accessibility/students/forms.html
Email acc@uregina.ca to schedule an appointment with an Accessibility Advisor.

NOTE: Appointments can also be scheduled in person—Riddell Centre 251. Completed forms can be submitted during intake appointment. For more information please visit: http://www.uregina.ca/student/accessibility. More information at: http://fnuniv.ca/resources

University Insurance Benefits Program

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<td>Sun Life Assurance Company of Canada</td>
<td>September 1st to August 31st</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(of each school year)</td>
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<tbody>
<tr>
<td>20%</td>
<td>No Maximum</td>
<td>8 weeks (September 1st to October 31st)</td>
</tr>
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Additional Information: Plan covers most insulin. Rexall covers up to 50% to a maximum of $40

Tips from our Alumni –
“Keep a current list of contact information for all diabetes-related health care team members so they are easy to reach when you need them.”
On-Campus Services Available

X On-Campus Healthcare Clinic
X On-Campus Pharmacy
X Social Supports for Students with Diabetes

✓ Accessibility Services Available
✓ University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Student Advising

Documents Needed: Physician Documentation

Apply by Phone  Apply Online  Send an Email @

Call 306-778-5476 to speak with an adviser at the Swift Current campus. Toll-free and all campuses (1-866-296-247).

NOTE: Contact the Student Advisor at your campus, listed https://www.greatplainscollege.ca/admissions-scholarships/student-advising. For a list of eligible programs, information on accessing or withdrawing from coverage or to make a claim, visit www.mystudentplan.ca/gpc or email gpcplan@mystudentplan.ca.

University Insurance Benefits Program

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Additional Information: Prescription drug coverage is based on the Saskatchewan Provincial Drug Formulary.

Tips from our Alumni –

“Check with the residence staff about getting a fridge for your room before you move in. If they don’t supply them, you will know you have to buy one ahead of time.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Dean of Students

Documents Needed: Physician Documentation

Apply by Phone Apply Online Send an Email @

- Email Bob Williamson, Dean of Students, at bwilliamson@horizon.edu for more information or to schedule an appointment.

NOTE: School will assist student's access both on- and off-campus supports.

University Insurance Benefits Program

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</table>

Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“Give yourself time to meet new people. Sometimes your best friends will end up being people you meet later in the school year. Just be yourself, and you will find meaningful relationships, even if they don’t end up being the first friends you meet.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Centre for Student Accessibility

Documents Needed: Intake Form AND Verification Form

Apply by Phone
Call 306-585-4631 to schedule an appointment with an Accessibility Advisor.

Apply Online
Download intake forms https://www.uregina.ca/student/accessibility/students/forms.html

Send an Email @
Email accessibility@uregina.ca to schedule an appointment with an Accessibility Advisor.

NOTE: Appointments can also be scheduled in person—Riddell Centre 251. Completed forms can be submitted during intake appointment. For more information please visit: https://www.uregina.ca/student/accessibility/

University Insurance Benefits Program

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Co-Pay: 20%
Maximum Coverage/Year: No Maximum
Blackout Period: 8 weeks (September 1st to October 31st)

Additional Information: Plan covers most insulin. Rexall covers up to 50% to a maximum of $40.

Tips from our Alumni –
“Before each appointment with your diabetes team, take some time to write down any questions or concerns that have come up since you saw them last.”
On-Campus Services Available

- X On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes

✓ Accessibility Services Available
X University Health Insurance Plan
X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Academic Dean

Documents Needed: Not Specified

Apply by Phone

Apply Online

Send an Email @

NOTE: To request accommodations, indicate this in the Medical Information space on the NBC application form. Staff will follow up on a case-by-case basis when they receive the application. For more information please visit www.nipawin.org.

University Insurance Benefits Program

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Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“Don’t be embarrassed to tell your roommate about your diabetes. It will make them more comfortable if you explain it to them, and it could save your life!”
**Northlands College**

**Address of Main Campus**
207 Boardman Street  
La Ronge SK S0J 1L0  
306-425-4353

**Closest Diabetes Program:**
La Ronge Health Centre  
227 Backlund Street  
La Ronge SK S0J 1L0  
306-425-2422

**Closest Endocrinologist:**
Dr. G. Dala  
140B Idylwyld Drive North  
Saskatoon SK S7L 0Y7  
306-933-3004

**www.trainnorth.ca**

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**On-Campus Services Available**

- X On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- X University Health Insurance Plan
- X Nutrition Information Available On-Campus

**How to Apply for Accessibility Services**

**Accommodations Service Provider:**  
Student Services

**Documents Needed:** Not Applicable

<table>
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<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
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<tbody>
<tr>
<td>Speak to Sam Tingley, Student Advisor at Student Services to arrange for accommodations.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**NOTE:** There is no accessibility program at this institution, accommodations are arranged on a case by case basis through Student Services.

**University Insurance Benefits Program**

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<tr>
<th>Administration</th>
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</table>

**Additional Information:** There is no insurance plan available at this institution.

**Tips from our Alumni –**

“Stash low supplies everywhere – in your dorm room, backpack, gym bag – you never know when you will need something!”
North West College

Address of Main Campus
10702 Diefenbaker Drive
North Battleford SK S9A 4A8
306-937-5100

www.northwestcollege.ca

Closest Diabetes Program:
Primary Health Centre
Diabetes Education Centre
11427 Railway Avenue
North Battleford SK S9A 3G8
306-446-6422

Closest Endocrinologist:
Dr. G. Dala
140B Idylwyld Drive North
Saskatoon SK S7L 0Y7
306-933-3004

On-Campus Services Available

X On-Campus Healthcare Clinic ✓ Accessibility Services Available
X On-Campus Pharmacy X University Health Insurance Plan
X Social Supports for Students with Diabetes ✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Not Applicable

Documents Needed: Not Applicable

<table>
<thead>
<tr>
<th>Apply by Phone</th>
<th>Apply Online</th>
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NOTE: There is no accessibility program at this institution. Speak directly to your instructors to arrange for accommodations during class and exams.

University Insurance Benefits Program

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</table>

Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“It’s tempting to just ignore a low in the middle of class, but don’t take the risk. Treat the low as soon as possible, even if it means getting up during a lecture.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Career & Student Services

Documents Needed: Not Applicable

Apply by Phone
Call 306-783-6566 to make an appointment with a Student Services Representative.

Apply Online

Send an Email @ info@parklandcollege.sk.ca to make an appointment with a Student Services Representative.

NOTE: Speak to your Program Coordinator, Program Counsellor, or Program Assistant (varies depending on the program you’re enrolled in) to arrange for accommodations.

University Insurance Benefits Program

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<tbody>
<tr>
<td>20%</td>
<td>$3,000.00</td>
<td>45 days</td>
</tr>
</tbody>
</table>

Additional Information: Based on SK Provincial Drug Formulary. Exception available at:

Tips from our Alumni –

“If you’re living with a roommate, make sure they know that you have diabetes and what to look out for in case of emergency. It would be helpful for them to understand the importance of keeping snacks in the room, testing regularly, taking your insulin, and who to contact if something goes wrong.”
On-Campus Services Available

- On-Campus Healthcare Clinic: ✔ Accessibility Services Available
- On-Campus Pharmacy: ✗ University Health Insurance Plan
- Social Supports for Students with Diabetes: ✗ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider: Success Services

Documents Needed: Not Specified

Apply by Phone

Apply Online

Send an Email @ advisor@siit.ca with your name, phone number and the nature of your disability. An advisor will contact you to schedule an appointment.

NOTE: For more information please visit: www.siit.ca/pages/success-services.html.

University Insurance Benefits Program

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Additional Information: There is no insurance plan available at this institution.

Tips from our Alumni –

“Once you find a pharmacy near your school that has everything you need, try your best to fill all your prescriptions at that pharmacy. By doing this, you can start building a new drug history while you’re at school.”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes

✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Accessibility Services

Documents Needed: Verification of a Permanent Disability Form and Physician Documentation

Apply by Phone

Call 306-659-4050 to schedule an appointment with an advisor.

Apply Online

The Verification of a Permanent Disability Form is available online at http://saskpolytech.ca/student-services/support/documents/request-for-verification-of-a-permanent-disability-form.pdf

Send an Email @

Email StudentServicesSaskatoon@saskpolytech.ca to contact a Disability Services Counsellor

NOTE: Completed documentation can be dropped off at Room 114. It is recommended that documentation is current within 6 months to a year and includes the impact of the condition and rationale for accommodations. For more information please visit: http://saskpolytech.ca/student-services/support/accessibility-services.aspx

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Additional Information: Prescription drug coverage is based on the Saskatchewan Provincial Drug Formulary.

Tips from our Alumni –

“If you’re traveling for any reason (visiting friends, going on vacation, spring break etc.), look into getting travel insurance in case of emergency. There are a few companies that offer travel insurance, check to see if they would cover the supplies you need while you’re away.”
On-Campus Services Available

- X On-Campus Healthcare Clinic
- X On-Campus Pharmacy
- X Social Supports for Students with Diabetes
- ✓ Accessibility Services Available
- X University Health Insurance Plan
- X Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Student Services

Documents Needed: Not Specified

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<tr>
<td>Call 306-848-2302 (Assiniboia/Weyburn/Estavan) or 306-695-2243 (Head/Piapot Valley/Piapot Urban) to schedule an appointment with a Student Services Advisor.</td>
<td>Brie Lanoie - Assiniboia/Weyburn/Estevan <a href="mailto:blanoie@southeastcollege.org">blanoie@southeastcollege.org</a> Eileen Zarowny - Indian Head/Piapot Valley/Piapot Urban <a href="mailto:ezarowny@southeastcollege.org">ezarowny@southeastcollege.org</a></td>
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</tbody>
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NOTE: For more information please visit: https://www.southeastcollege.org/students/support/

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Additional Information: There is no insurance available at this institution.

Tips from our Alumni –

"Be prepared for your schedule to be different every day. Eating/snacking at irregular hours/times will be part of your new life. Test more often in the beginning to figure out your patterns and how much insulin you’ll need."
On-Campus Services Available
- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services
Accommodations Service Provider: Disability Services for Students
Documents Needed: Medical Questionnaire

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<tr>
<td>Call 306-966-7273 to schedule an appointment with an advisor.</td>
<td>Download Medical Questionnaire: <a href="https://students.usask.ca/documents/dss/medical-questionnaire.pdf">https://students.usask.ca/documents/dss/medical-questionnaire.pdf</a>.</td>
<td>Email <a href="mailto:dss@usask.ca">dss@usask.ca</a> with your name, phone number and the nature of your disability. An advisor will contact you to schedule an appointment.</td>
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NOTE: Completed forms can be faxed to 306-966-1170 or submitted during intake appointment.
For more information please visit: https://students.usask.ca/health/centres/disability-services-for-students.php

University Insurance Benefits Program

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<td>20%</td>
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Additional Information: Plan covers insulin. No other specifics are given.

Tips from our Alumni –
“Before school starts, begin putting together a checklist of all the supplies you need when you’re at school or living on your own. This will also be helpful when you’re checking to see what supplies need to be ordered when you’re running low.”
St. Thomas More College

Address of Main Campus
1437 College Drive
Saskatoon SK S7N 0W6
306-966-8900

www.stmcollege.ca

Closest Diabetes Program:
Royal University Hospital
Chronic Disease Management Program
103 Hospital Drive
Saskatoon SK S7N 0W8
306-655-6136

Closest Endocrinologist:
Dr. G. Dala
140B Idylwyld Drive North
Saskatoon SK S7L 0Y7
306-933-3004

On-Campus Services Available
✓ On-Campus Healthcare Clinical
✓ On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services
Accommodations Service Provider:
Disability Services for Students

Documents Needed: Medical Questionnaire

Apply by Phone
Call 306-334-7273 to schedule an appointment with an advisor.

Apply Online
Medical Questionnaire can be downloaded online:

Send an Email @
Email dss@usask.ca with your name, phone number and the nature of your disability. An advisor will contact you to schedule an appointment.

NOTE: Completed forms can be faxed to 306-966-1170 or submitted during intake appointment. For more information please visit: https://students.usask.ca/health/centres/disability-services-for-students.php#Registration

University Insurance Benefits Program

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Additional Information: Plan covers insulin. No other specifics given.

Tips from our Alumni –
“Did you know pharmacies charge different rates for the same prescriptions? Depending on your insurance coverage, it may be worth shopping around!”
On-Campus Services Available

- On-Campus Healthcare Clinic
- On-Campus Pharmacy
- Social Supports for Students with Diabetes
- Accessibility Services Available
- University Health Insurance Plan
- Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Centre for Student Accessibility

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<td>Call 306-585-4631 to schedule an appointment with an Accessibility Advisor.</td>
<td>Download Forms: <a href="https://www.uregina.ca/student/accessibility/students/forms.html">https://www.uregina.ca/student/accessibility/students/forms.html</a></td>
<td>Email <a href="mailto:accessibility@uregina.ca">accessibility@uregina.ca</a> with your name, phone number and nature of your disability. An advisor will call/email you to schedule an appointment.</td>
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NOTE: Appointments can also be scheduled in person – Riddell Centre 251. Completed forms can be submitted during intake appointment. For more information please visit: [http://www.uregina.ca/student/accessibility](http://www.uregina.ca/student/accessibility).

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Co-Pay | Maximum Coverage/Year | Blackout Period
---|----------------------|------------------|
20% | No Maximum | 8 weeks (September 1st to October 31st)

Additional Information: Plan covers most insulin. Rexall covers up to 50% to a maximum of $40.

Tips from our Alumni –

“The pharmacist on campus is actually a Diabetes Educator, which is really cool! Anytime I had questions I didn’t hesitate to pass by and ask!”

“Always check your blood sugar before and after physical activity. Also, make sure your blood sugar is in a good range before you start.”
On-Campus Services Available

✓ On-Campus Healthcare Clinic
✓ On-Campus Pharmacy
X Social Supports for Students with Diabetes
✓ Accessibility Services Available
✓ University Health Insurance Plan
✓ Nutrition Information Available On-Campus

How to Apply for Accessibility Services

Accommodations Service Provider:
Disability Services for Students

Documents Needed: Medical Questionnaire

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NOTE: Completed forms can be faxed to 306-966-1170 or submitted during intake appointment. For more information please visit: [https://students.usask.ca/health/centres/disability-services-for-students.php](https://students.usask.ca/health/centres/disability-services-for-students.php)

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Additional Information: Plan covers insulin. No other specifics are given.

Tips from our Alumni –

“The Diabetes Education Centre is really close to campus which is great. Anytime I had any questions or concerns I was able to access their supports without any hassle.”

“People are usually pretty accepting. If there are people who are judgmental or misinformed about diabetes, try to educate them.”
REFERENCES
Terms of Reference

Accessibility Services
“Accessibility Services” refers to the specific services available on campus for students with disabilities. The accessibility services staff is comprised of service providers who are uniquely qualified to recommend and provide appropriate accommodations for students who require them while attending their institution.

Accommodations are tailored to each individual who expresses interest in accessing service assistance. Accommodations are made based on the impact of the disability on the student and the unique demands of the post-secondary environment.

Each college/university has their own accessibility service office with their own unique name. In accordance with provincial guidelines, all accessibility service offices strive to provide equal access; educational equity; and positive learning environments for all students with disabilities. Each college/university assists students with disabilities by removing barriers which would cause inequity while students pursue a college/university education.

Blackout Period
A “Blackout Period” refers to a temporary period in which access is limited or denied. In terms of college/university health insurance, a blackout period is that period in which health insurance benefits are valid, but purchases which are covered under the health insurance plan may have to be paid out-of-pocket. Claims can be made to the insurance company after the blackout period; in which case the claims will be reimbursed to the claimant.

Blackout periods typically span anywhere from two to eight weeks, but may go on for longer. The period in which benefits cannot be directly accessed is determined by each individual service provider.

There are a variety of reasons why blackout periods are enacted. For the purpose of college/university health insurance, blackout periods are typically put in place for recordkeeping purposes. During this period insurance companies confirm student enrollment and determine which students require extended health benefits throughout the year (through opt-in and opt-out options during that period).

Co-payment
Otherwise known as a “co-pay”, a co-payment is the amount which is paid out-of-pocket by an insured person each time a medical service is utilized or a prescription is purchased. The remaining portion is covered by the insured person’s health plan or insurer.

Co-payments vary between individual insurance providers. Information on a specific insurance company’s co-payment can usually be accessed on their website or the specific college/university website which the insurance covers services for.

Disability
The term “disability” is an umbrella term, covering impairments that may be physical, cognitive, mental, sensory, emotional, or developmental or some combination of these. A disability may be present from birth, or occur during a person’s lifetime. A person with insulin-dependent diabetes is protected as a person with disability under the Canadian Human Rights Act and the Ontarians with Disabilities Act.

Disability is a subjective term, thus, persons with disabilities are those who consider themselves to be, or believe another would be likely to consider them at a disadvantage or at a limitation to others by reason of any physical, mental or other impairment.
Diabetes is considered a disability by most colleges/universities; however it is up to the student to decide whether or not they should disclose their diabetes to their institution and/or to use the accessibility services provided on campus. Not all students will access the services offered by their post-secondary school, however, it is important to note that these services are available if students wish to use them.

**Opt-in Period**
An “opt-in period” is the period in which an enrolled student can choose to add additional family members to their school’s extended health benefit plan.

Although most post-secondary institutions automatically enroll registered students into a health benefit plan, this is not always the case. For those schools which do not have automatic enrollment, this period is also the time where registered students of an institution can enroll themselves into a health plan if they require it.

**Opt-out Period**
An “opt-out period” is the period in which an enrolled student can choose to decline health benefits from their institution’s health insurance provider. Usually students who have alternative extended health coverage will choose to opt-out of the services offered by their post-secondary health insurance. Students who opt-out must complete a form or online document which confirms their decision to decline health insurance from their school’s provider and also confirm their alternate health coverage.

**Reasonable Accommodation**
In context of this book “reasonable accommodation” refers to a modification or adjustment to an academic program, course or physical facility made by the post-secondary institution. It is these modifications or adjustments that enable an otherwise qualified student with a disability, access to or participation in post-secondary sponsored programs. These modifications do not alter the fundamental purpose of the academic program or course.

Reasonable accommodations are determined on an individual basis and must relate to the student’s specific functional limitations within the academic setting. Accommodations may vary from class to class depending upon course content and format.

Accommodations are decided upon by those uniquely qualified service providers which are staffed by the institution. In order for reasonable accommodations to be made, a student must disclose their condition to those staff members of their post-secondary institution’s accessibility centre. Accommodations may not always be exactly to the student’s wishes or requests. Moreover, reasonable accommodations are subject to the institution’s capacity to respond to the request.
Federal and Provincial Statutes

Canadian Charter of Rights and Freedoms

Equality before and under law and equal protection and benefit of law
15. (1) Every individual is equal before and under the law and has the right to the equal protection and equal benefit of the law without discrimination and, in particular, without discrimination based on race, national or ethnic origin, colour, religion, sex, age or mental or physical disability.

Affirmative action programs
2) Subsection (1) does not preclude any law, program or activity that has as its object the amelioration of conditions of disadvantaged individuals or groups including those that are disadvantaged because of race, national or ethnic origin, colour, religion, sex, age or mental or physical disability.

Canadian Human Rights Act

2. The purpose of this Act is to extend the laws in Canada to give effect, within the purview of matters coming within the legislative authority of Parliament, to the principle that all individuals should have an opportunity equal with other individuals to make for themselves the lives that they are able and wish to have and to have their needs accommodated, consistent with their duties and obligations as members of society, without being hindered in or prevented from doing so by discriminatory practices based on race, national or ethnic origin, colour, religion, age, sex, sexual orientation, marital status, family status, disability or conviction for an offence for which a pardon has been granted or in respect of which a record suspension has been ordered.

Denial of good, service, facility or accommodation
5. It is a discriminatory practice in the provision of goods, services, facilities or accommodation customarily available to the general public
(a) to deny, or to deny access to, any such good, service, facility or accommodation to any individual, or
(b) to differentiate adversely in relation to any individual, on a prohibited ground of discrimination.

Definitions
25. “disability” means any previous or existing mental or physical disability and includes disfigurement and previous or existing dependence on alcohol or a drug;

United Nations Convention on the Rights for Persons with Disabilities

Article 1
Purpose
The purpose of the present Convention is to promote, protect and ensure the full and equal enjoyment of all human rights and fundamental freedoms by all persons with disabilities, and to promote respect for their inherent dignity. Persons with disabilities include those who have long-term physical, mental, intellectual or sensory impairments which in interaction with various barriers may hinder their full and effective participation in society on an equal basis with others.

Article 2
Definitions
“Discrimination on the basis of disability” means any distinction, exclusion or restriction on the basis of disability which has the purpose or effect of impairing or nullifying the recognition, enjoyment or exercise, on an equal basis with others, of all human rights and fundamental freedoms in the political, economic, social, cultural, civil or any other field. It includes all forms of discrimination, including denial of reasonable accommodation;

“Reasonable accommodation” means necessary and appropriate modification and adjustments not imposing a disproportionate or undue burden, where needed in a particular case, to ensure to persons with disabilities the enjoyment or exercise on an equal basis with others of all human rights and fundamental freedoms;
Article 24  
_Education_

1. States Parties recognize the right of persons with disabilities to education. With a view to realizing this right without discrimination and on the basis of equal opportunity, States Parties shall ensure an inclusive education system at all levels and lifelong learning directed to:  
The full development of human potential and sense of dignity and self-worth, and the strengthening of respect for human rights, fundamental freedoms and human diversity;  
The development by persons with disabilities of their personality, talents and creativity, as well as their mental and physical abilities, to their fullest potential; Enabling persons with disabilities to participate effectively in a free society.

2. In realizing this right, States Parties shall ensure that: Persons with disabilities are not excluded from the general education system on the basis of disability, and that children with disabilities are not excluded from free and compulsory primary education, or from secondary education, on the basis of disability; Persons with disabilities can access an inclusive, quality and free primary education and secondary education on an equal basis with others in the communities in which they live; Reasonable accommodation of the individual's requirements is provided; Persons with disabilities receive the support required, within the general education system, to facilitate their effective education; Effective individualized support measures are provided in environments that maximize academic and social development, consistent with the goal of full inclusion.

3. States Parties shall enable persons with disabilities to learn life and social development skills to facilitate their full and equal participation in education and as members of the community. To this end, States Parties shall take appropriate measures, including: Facilitating the learning of Braille, alternative script, augmentative and alternative modes, means and formats of communication and orientation and mobility skills, and facilitating peer support and mentoring;  
Facilitating the learning of sign language and the promotion of the linguistic identity of the deaf community;  
Ensuring that the education of persons, and in particular children, who are blind, deaf or deafblind, is delivered in the most appropriate languages and modes and means of communication for the individual, and in environments which maximize academic and social development.

Alberta

Alberta Human Rights Act  
_Preamble_

WHEREAS it is recognized in Alberta as a fundamental principle and as a matter of public policy that all persons are equal in: dignity, rights and responsibilities without regard to race, religious beliefs, colour, gender, physical disability, mental disability, age, ancestry, place of origin, marital status, source of income, family status or sexual orientation;

_Discrimination re goods, services, accommodations and facilities_

4. No person shall  
(a) deny to any person or class of persons any goods, services, accommodation or facilities that are customarily available to the public, or,  
(b) discriminate against any person or class of persons with respect to any goods, services, accommodation or facilities that are customarily available to the public,  

because of the race, religious beliefs, colour, gender, physical disability, mental disability, ancestry, place of origin, marital status, source of income, family status or sexual orientation of that person or class of persons or of any other person or class of persons.
British Columbia

British Columbia Human Rights Code

(3) The purposes of this Code are as follows:
(a) to foster a society in British Columbia in which there are no impediments to full and free participation in the economic, social, political and cultural life of British Columbia;

(b) to promote a climate of understanding and mutual respect where all are equal in dignity and rights;
(c) to prevent discrimination prohibited by this Code;
(d) to identify and eliminate persistent patterns of inequality associated with discrimination prohibited by this Code;
(e) to provide a means of redress for those persons who are discriminated against contrary to this Code;
(f) and (g) [Repealed 2002-62-2.]

Discrimination in accommodation, service and facility
(8) (1) A person must not, without a bona fide and reasonable justification,
(a) deny to a person or class of persons any accommodation, service or facility customarily available to the public, or
(b) discriminate against a person or class of persons regarding any accommodation, service or facility customarily available to the public because of the race, colour, ancestry, place of origin, religion, marital status, family status, physical or mental disability, sex, sexual orientation or age of that person or class of persons.

Manitoba

Manitoba Human Rights Code

“Discrimination” defined
9 (1) In this Code “discrimination” means
(a) differential treatment of an individual on the basis of the individual's actual or presumed membership in or association with some class or group of persons, rather than on the basis of personal merit; or
(b) differential treatment of an individual or group on the basis of any characteristic referred to in subsection (2); or
(c) differential treatment of an individual or group on the basis of the individual's or group's actual or presumed association with another individual or group whose identity or membership is determined by any characteristic referred to in subsection (2); or
(d) failure to make reasonable accommodation for the special needs of any individual or group, if those special needs are based upon any characteristic referred to in subsection (2).

Interpretation
9 (1.1) In this Code, "discrimination" includes any act or omission that results in discrimination within the meaning of subsection (1), regardless of
(a) the form of the act or omission; and
(b) whether the person responsible for the act or omission intended to discriminate.

Applicable characteristics
9 (2) The applicable characteristics for the purposes of clauses (1)(b) to (d) are
(a) ancestry, including colour and perceived race;
(b) nationality or national origin;
(c) ethnic background or origin;
(d) religion or creed, or religious belief, religious association or religious activity;
(e) age;
(f) sex, including sex-determined characteristics or circumstances, such as pregnancy, the possibility of pregnancy, or circumstances related to pregnancy;
(g) gender identity;
(h) sexual orientation;
(i) marital or family status;
(j) source of income;
(k) political belief, political association or political activity;
(l) physical or mental disability or related characteristics or circumstances, including reliance on a service animal, a wheelchair, or any other remedial appliance or device;
(m) social disadvantage.

**Discrimination in service, accommodation, etc.**

13 (1) No person shall discriminate with respect to any service, accommodation, facility, good, right, licence, benefit, program or privilege available or accessible to the public or to a section of the public, unless bonafide and reasonable cause exists for the discrimination.

**New Brunswick**

**Human Rights Act of New Brunswick**

(2) The following definitions apply in this act:

“Physical disability” means any degree of disability, infirmity, malformation or disfigurement of a physical nature caused by bodily injury, illness or birth defect and any degree of paralysis or from diabetes mellitus, epilepsy, amputation, lack of physical coordination, blindness or visual impediment, deafness or hearing impediment, muteness or speech impediment, or physical reliance on a guide dog or on a wheelchair, cane, crutch or other remedial device or appliance.

**Discrimination in accommodation and services**

6 (1) No person, directly or indirectly, alone or with another, by himself, herself or itself by the interposition of another, shall, because of race, colour, religion, national origin, ancestry, place of origin, age, physical disability, mental disability, marital status, sexual orientation, sex, social condition or political belief or activity,

(a) deny to any person or class of persons any accommodation, services or facilities available to the public or,
(b) discriminate against any person or class of persons with respect to any accommodation, services or facilities available to the public.

**Newfoundland and Labrador**

**Newfoundland and Labrador Human Rights Act**

2. In this Act

(c) “disability” means one or more of the following conditions:

(i) a degree of physical disability,
(ii) a condition of mental impairment or a developmental disability,
(iii) a learning disability, or a dysfunction in one or more of the processes involved in understanding or using symbols or language, and
(iv) a mental disorder;
(d) “discrimination” includes the conduct described in subsections 11 (1) and (2) and 12 (1), section 13, subsections 14 (1), (4) and (5) and 16 (1), sections 17 and 18, subsection 19 (1) and section 20;

**Prohibited grounds of discrimination**

9. (1) For the purpose of this Act, the prohibited grounds of discrimination are race, colour, nationality, ethnic origin, social origin, religious creed, religion, age, disability, disfigurement, sex, sexual orientation, marital status, family status, source of income and political opinion.

(2) Where this Act protects an individual from discrimination on the basis of sex, the protection includes the protection of a female from discrimination on the basis that she is or may become pregnant.

(3) Where this Act protects an individual from discrimination on the basis of disability, the protection includes the protection of an individual from discrimination on the basis that he or she

(a) has or has had a disability;
(b) is believed to have or have had a disability; or
(c) has or is believed to have a predisposition to developing a disability.

(4) Where this Act protects an individual from discrimination on the basis of a prohibited ground of discrimination, it also protects the individual from discrimination on the basis of

(a) 2 or more prohibited grounds of discrimination or the effect of a combination of prohibited grounds; and
(b) the individual’s association or relationship, whether actual or presumed, with an individual or class of individuals identified by a prohibited ground of discrimination.
11. (1) A person shall not, on the basis of a prohibited ground of discrimination, 
(a) deny to a person or class of persons goods, services, accommodation or facilities that are customarily 
offered to the public; or 
(b) discriminate against a person or class of persons with respect to goods, services, accommodation or 
facilities that are customarily offered to the public.
(2) Notwithstanding subsection (1), a limitation, specification, exclusion, denial or preference because of a 
disability shall be permitted where that limitation, specification, exclusion, denial or preference is based 
upon a good faith qualification.
(3) Subsection (1) does not apply 
(a) to accommodation in a private residence, except a private residence that offers bed and breakfast 
accommodation for compensation;
(b) to the exclusion of a person because of that person’s sex from accommodation, services or facilities 
upon the ground of public decency;
(c) to accommodation where sex is a reasonable criterion for admission to the accommodation;
(d) to a restriction on membership on the basis of a prohibited ground of discrimination, in a religious, 
philanthropic, educational, fraternal, sororal or social organization that is primarily engaged in serving the 
interests of a group of persons identified by that prohibited ground of discrimination; or 
(e) to other situations where a good faith reason exists for the denial of or discrimination with respect to 
accommodation, services, facilities or goods.
(4) Subsection (1) does not prohibit the denial or refusal of accommodation, services, facilities or goods to 
a person who is less than 19 years of age where the denial or refusal is required or authorized by another 
Act.
(5) For the purpose of this section, “accommodation, services, facilities or goods to which members of the 
public customarily have access or which are customarily offered to the public” include accommodation, 
services, facilities or goods that are restricted to a certain segment of the public.

Nova Scotia

Nova Scotia Human Rights Act

Purpose of Act
(2) The purpose of this Act is to 
(a) recognize the inherent dignity and the equal and inalienable rights of all members of the human family;
(b) proclaim a common standard for achievement of basic human rights by all Nova Scotians;
(c) recognize that human rights must be protected by the rule of law;
(d) affirm the principle that every person is free and equal in dignity and rights;
(e) recognize that the government, all public agencies and all persons in the Province have the responsibility 
to ensure that every individual in the Province is afforded an equal opportunity to enjoy a full and productive 
life and that failure to provide equality of opportunity threatens the status of all persons; and
(f) extend the statute law relating to human rights and provide for its effective administration. 1991, c. 12, 
s. 1; 2008, c. 59, s. 1.

Interpretation
(3) In this Act,
(i) “physical disability or mental disability” means an actual or perceived
(ii) loss or abnormality of psychological, physiological or anatomical structure or function,
(iii) physical disability, infirmity, malformation or disfigurement, including, but not limited to, epilepsy and 
any degree of paralysis, amputation, lack of physical co-ordination, deafness, hardness of hearing or 
hearing impediment, blindness or visual impediment, speech impairment or impediment or reliance on a 
hearing-ear dog, a guide dog, a wheelchair or a remedial appliance or device,
(iv) learning disability or a dysfunction in one or more of the processes involved in understanding or using 
symbols or spoken language,
(v) condition of being mentally impaired,
(vi) mental disorder, or
(vii) dependency on drugs or alcohol;

**Discrimination Prohibited**

**Meaning of discrimination**

(4) For the purpose of this Act, a person discriminates where the person makes a distinction, whether intentional or not, based on a characteristic, or perceived characteristic, referred to in clauses (h) to (v) of subsection (1) of Section 5 that has the effect of imposing burdens, obligations or disadvantages on an individual or a class of individuals not imposed upon others or which withholds or limits access to opportunities, benefits and advantages available to other individuals or classes of individuals in society. 1991, c. 12, s. 1.

**Prohibition of discrimination**

5 (1) No person shall in respect of
(a) the provision of or access to services or facilities;
(b) accommodation;
(c) the purchase or sale of property;
(d) employment;
(e) volunteer public service;
(f) a publication, broadcast or advertisement;
(g) membership in a professional association, business or trade association, employers’ organization or employees’ organization,
discriminate against an individual or class of individuals on account of
(o) physical disability or mental disability;

**Ontario**

**Ontario Human Rights Code**

**Freedom from Discrimination**

**Services**

1. Every person has a right to equal treatment with respect to services, goods and facilities, without discrimination because of race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status or disability. R.S.O. 1990, c. H.19, s. 1; 1999, c. 6, s. 28 (1); 2001, c. 32, s. 27 (1); 2005, c. 5, s. 32 (1); 2012, c. 7, s. 1.

**Accommodation**

2. (1) Every person has a right to equal treatment with respect to the occupancy of accommodation, without discrimination because of race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status, disability or the receipt of public assistance. R.S.O. 1990, c. H.19, s. 2 (1); 1999, c. 6, s. 28 (2); 2001, c. 32, s. 27 (1); 2005, c. 5, s. 32 (2); 2012, c. 7, s. 2 (1).

**Disability**

17. (1) A right of a person under this Act is not infringed for the reason only that the person is incapable of performing or fulfilling the essential duties or requirements attending the exercise of the right because of disability. R.S.O. 1990, c. H.19, s. 17 (1); 2001, c. 32, s. 27 (5).

**Ontarians with Disabilities Act**

2. (1) In this Act,

“agency” means an organization or a class of organizations named or described in the regulations as an agency or agencies for the purposes of this Act; (“organisme”)

“barrier” means anything that prevents a person with a disability from fully participating in all aspects of society because of his or her disability, including a physical barrier, an architectural barrier, an information or communications barrier, an attitudinal barrier, a technological barrier, a policy or a practice; (“obstacle”)

“disability” means,

(a) any degree of physical disability, infirmity, malformation or disfigurement that is caused by bodily injury, birth defect or illness and, without limiting the generality of the foregoing, includes diabetes mellitus,
epilepsy, a brain injury, any degree of paralysis, amputation, lack of physical co-ordination, blindness or visual impediment, deafness or hearing impediment, muteness or speech impediment, or physical reliance on a guide dog or other animal or on a wheelchair or other remedial appliance or device,

(b) a condition of mental impairment or a developmental disability,
(c) a learning disability, or a dysfunction in one or more of the processes involved in understanding or using symbols or spoken language,
(d) a mental disorder, or
(e) an injury or disability for which benefits were claimed or received under the insurance plan established under the Workplace Safety and Insurance Act, 1997; (“handicap”)

Educational institutions and hospitals
15. (1) Each year, every Scheduled organization shall,
(a) prepare an accessibility plan; and
(b) consult with persons with disabilities and others in preparing the plan. 2001, c. 32, s. 15 (1).

Contents
(2) The accessibility plan shall address the identification, removal and prevention of barriers to persons with disabilities in the organization’s by-laws, if any, and in its policies, programs, practices and services. 2001, c. 32, s. 15 (2).

Same
(3) The accessibility plan shall include,
(a) a report on the measures the organization has taken to identify, remove and prevent barriers to persons with disabilities;
(b) the measures in place to ensure that the organization assesses its proposals for by-laws, policies, programs, practices and services to determine their effect on accessibility for persons with disabilities;
(c) a list of the by-laws, policies, programs, practices and services that the organization will review in the coming year in order to identify barriers to persons with disabilities;
(d) the measures that the organization intends to take in the coming year to identify, remove and prevent barriers to persons with disabilities; and
(e) all other information that the regulations prescribe for the purpose of the plan. 2001, c. 32, s. 15 (3).

Availability to the public
(4) A Scheduled organization shall make its accessibility plan available to the public. 2001, c. 32, s. 15 (4).

Guidelines for accessibility plans and policies
18. (1) The Government of Ontario shall specify guidelines for the preparation of accessibility plans and policies under this Act, and may establish different guidelines for ministries, municipalities, organizations specified by a regulation made under clause 23 (1) (g), public transportation organizations, Scheduled organizations, agencies and other persons or organizations to follow in preparing their accessibility plans or policies. 2001, c. 32, s. 18 (1).

Accessibility for Ontarians with Disabilities Act

Purpose
1. Recognizing the history of discrimination against persons with disabilities in Ontario, the purpose of this Act is to benefit all Ontarians by,
(a) developing, implementing and enforcing accessibility standards in order to achieve accessibility for Ontarians with disabilities with respect to goods, services, facilities, accommodation, employment, buildings, structures and premises on or before January 1, 2025; and
(b) providing for the involvement of persons with disabilities, of the Government of Ontario and of representatives of industries and of various sectors of the economy in the development of the accessibility standards. 2005, c. 11, s. 1.

Content of standards
(6) An accessibility standard shall,
(a) set out measures, policies, practices or other requirements for the identification and removal of barriers with respect to goods, services, facilities, accommodation, employment, buildings, structures, premises or such other things as may be prescribed, and for the prevention of the erection of such barriers; and

(b) require the persons or organizations named or described in the standard to implement those measures, policies, practices or other requirements within the time periods specified in the standard. 2005, c. 11, s. 6 (6).

Compliance with accessibility standard
13. A person or organization to whom an accessibility standard applies shall comply with the standard within the time period set out in the standard. 2005, c. 11, s. 13.

Accessibility report
(1) 14. (1) A person or organization to whom an accessibility standard applies shall file an accessibility report with a director annually or at such other times as the director may specify. 2005, c. 11, s. 14 (1).

Report available to public
(1) A person or organization shall make an accessibility report filed under subsection (1) available to the public. 2005, c. 11, s. 14 (2).

Prince Edward Island

Prince Edward Island Human Rights Act

1 (1) In this Act:
(c.1) “disability” means a previous or existing disability, infirmity, malformation or disfigurement, whether of a physical, mental or intellectual nature, that is caused by injury, birth defect or illness, and includes but is not limited to epilepsy, any degree of paralysis, amputation, lack of physical coordination, blindness or visual impediment, deafness or hearing impediment, muteness or speech impediment, or physical reliance on an assist animal, wheelchair or other remedial device;
(d) “discrimination” means discrimination in relation to age, colour, creed, disability, ethnic or national origin, family status, gender expression, gender identity, marital status, political belief, race, religion, sex, sexual orientation, or source of income of any individual or class of individuals.

Discrimination prohibited
2 (1) No person shall discriminate:
(a) against any individual or class of individuals with respect to enjoyment of accommodation, services and facilities to which members of the public have access; or
(b) with respect to the manner in which accommodations, services and facilities, to which members of the public have access, are provided to any individual or class of individuals.

Québec

Québec Charter of Rights and Freedoms

Discrimination forbidden
10. Every person has a right to full and equal recognition and exercise of his human rights and freedoms, without distinction, exclusion or preference based on race, colour, sex, pregnancy, sexual orientation, civil status, age except as provided by law, religion, political convictions, language, ethnic or national origin, social condition, a handicap or the use of any means to palliate a handicap.

Discrimination defined
Discrimination exists where such a distinction, exclusion or preference has the effect of nullifying or impairing such right.
1975, c. 6, s. 10; 1977, c. 6, s. 1; 1978, c. 7, s. 112; 1980, c. 11, s. 34; 1982, c. 61, s. 3.
Interpretation

2(1) In this Act:
(d.1) “disability” means:
(i) any degree of physical disability, infirmity, malformation or disfigurement and, without
limiting the generality of the foregoing, includes:
(a) epilepsy;
(b) any degree of paralysis;
(c) amputation;
(d) lack of physical co-ordination;
(e) blindness or visual impediment;
(f) deafness or hearing impediment;
(g) muteness or speech impediment; or
(h) physical reliance on a service animal, wheelchair or other remedial appliance or device; or
(ii) any of:
(a) an intellectual disability or impairment;
(b) a learning disability or a dysfunction in one or more of the processes involved in the comprehension or
use of symbols or spoken language; or
(c) a mental disorder

Right to Education

13(1) Every person and every class of persons shall enjoy the right to education in any school, college,
university, or other institution or place of learning, vocational training or apprenticeship without
discrimination on the basis of a prohibited ground other than age.
(2) Nothing in subsection (1) prevents a school, college, university or other institution or place of
learning from following a restrictive policy with respect to enrolment on the basis of sex, creed,
religion or disability, where it enrolls persons of a particular sex, creed or religion exclusively, or
is conducted by a religious order or society, or where it enrolls persons who are disabled.
Sources and Citations

Colleges and Universities


**Alternative Programs and Supports**


Provincial Health Coverage


**Federal Legislation**


**Provincial Legislation**


University Health Insurance


Thank You

For more information, visit www.diabeteshopefoundation.com