



2023 EDITION

GUIDE FOR SUCCESSFUL TRANSITION TO COLLEGE & UNIVERSITY

September 2023

DHF DIABETES
HOPE
FOUNDATION



Guide for Successful Transition to
College and University
Canadian Edition

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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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1

INTRODUCTION

Diabetes Hope Foundation

Diabetes Hope Foundation (DHF) is a grassroots not-for-profit organization founded by its current chair, Barbara Pasternak, in 1999 after two of her sons were diagnosed with diabetes. The foundation's mission is to provide education and resources to help youth with diabetes transition to a healthier tomorrow.

DHF specializes in developing unique and innovative programming for hard-to-reach teens and young adults living with diabetes. We achieve our mission through a range of virtual programs and digital resources to empower youth with financial support, peer education and resources to transition successfully from pediatric to adult diabetes care.

With a rich history spanning more than 25 years, our programs have been developed in collaboration with a network of over 100 pediatric diabetes clinics from across Canada and an alumni leadership base with 900 young adults with diabetes.

Together, we help post-secondary students pay for tuition and diabetes supplies, prepare youth for transition by matching at-risk teens with mentors in the community, publish free diabetes resources, and provide a forum for youth leaders to share their knowledge.

Support from our community partners, corporate sponsors, and families is critical to our ability to expand our services and respond to emerging community needs. Your support strengthens the development of youth-led programming to empower youth to thrive beyond the clinic, classroom and diabetes.

Our Transition Guide

Our Guide for Successful Transition to College & University was first published in 2013 featuring transition information for 34 Canadian colleges and universities across 5 provinces. Later it was expanded include all accredited schools across the country.

Since the first edition, the guide has been expanded into a comprehensive national guide including fact sheets for 193 accredited colleges and universities across Canada. The current edition is the 8th 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.

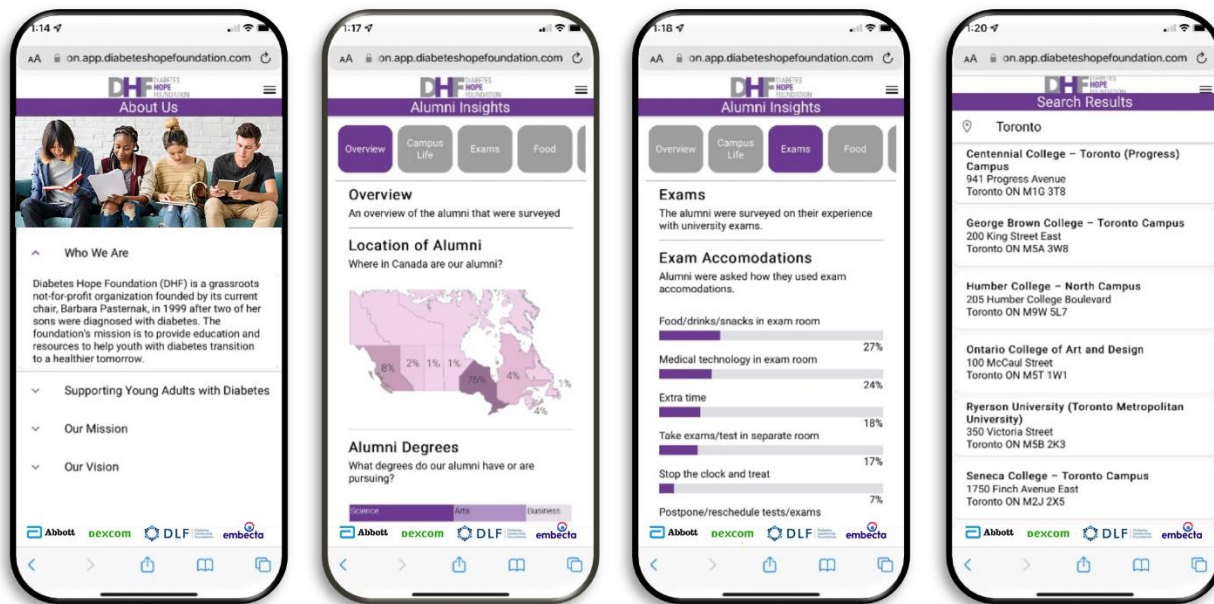
Last year we completed comprehensive update of the guide and added 8 new pages of alumni insights, new school sheet templates and launched a new mobile app to increase access to our guide. This year's guide also includes more information about mental health supports across Canada, additional information about exam accommodations and remote learning supports available across Canadian colleges and universities.

NEW Mobile App!

In the fall of 2022, we celebrated Diabetes Awareness Month with the launch of our NEW Online Transition Guide for teens and young adults living with diabetes! The guide was developed by type 1 youth for secondary students preparing to transition to adult diabetes care and post-secondary studies.

Designed for busy students on the go, DHF's Online Transition Guide features a searchable database on the home page for students to find their closest diabetes education centre, endocrinologist, campus supports for students with diabetes, and accessibility benefits available at school. We also added quick online links to access mental health support services, health and dental plans available at their choice of college or university, and exam accommodations available through accessibility services.

Our goal is to help type 1 teens make more informed choices about where to go next year based on the resources available at college and university campuses across the country. For more information, visit www.dhftransitionguide.com.



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.

Over the last three years, the pandemic has made the transition to college and university more difficult. Since the beginning of the pandemic, 61% of Canadians aged 18-24 have reported a decline in their mental health. Consequently, there has been an influx of private sector and government funding to increase access to mental health and remote learning opportunities.

The primary objective of this guide is to empower students and their parents with information that would help make the transition easier. In particular, additional research was completed this year to increase access to mental health support on campus.

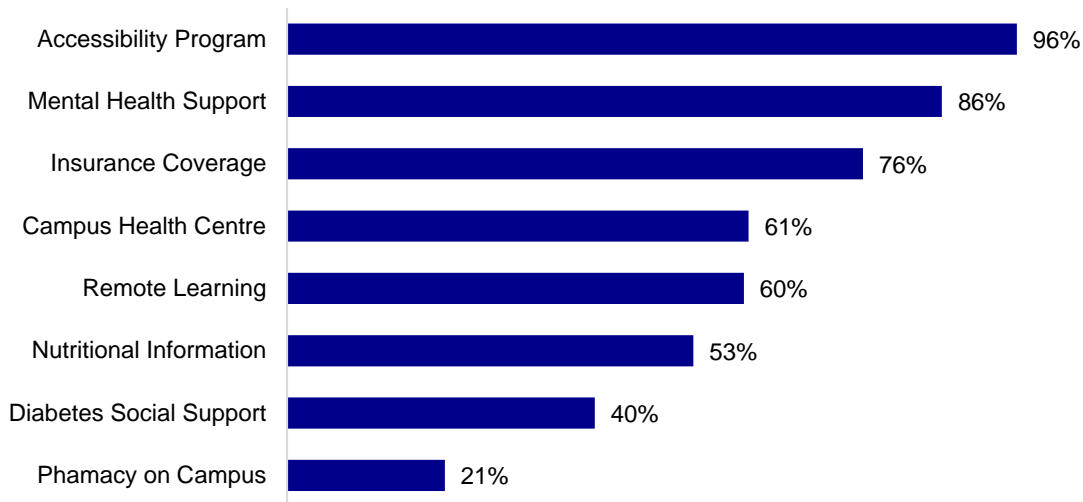
Campus Supports and Services

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
- Mental Health Support Programs
- Student Health and Dental Plans
- Campus Healthcare Centres
- Campus Pharmacy
- Diabetes Clubs and Social Support Programs
- Remote Learning Accommodations

Support Services Available on College and University Campuses

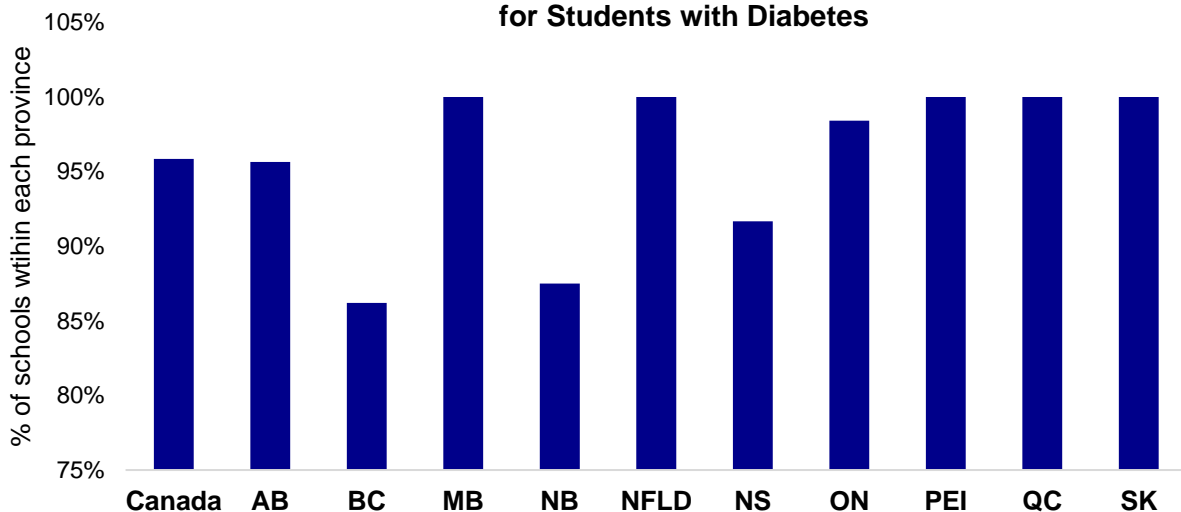


Accessibility Accommodations

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.

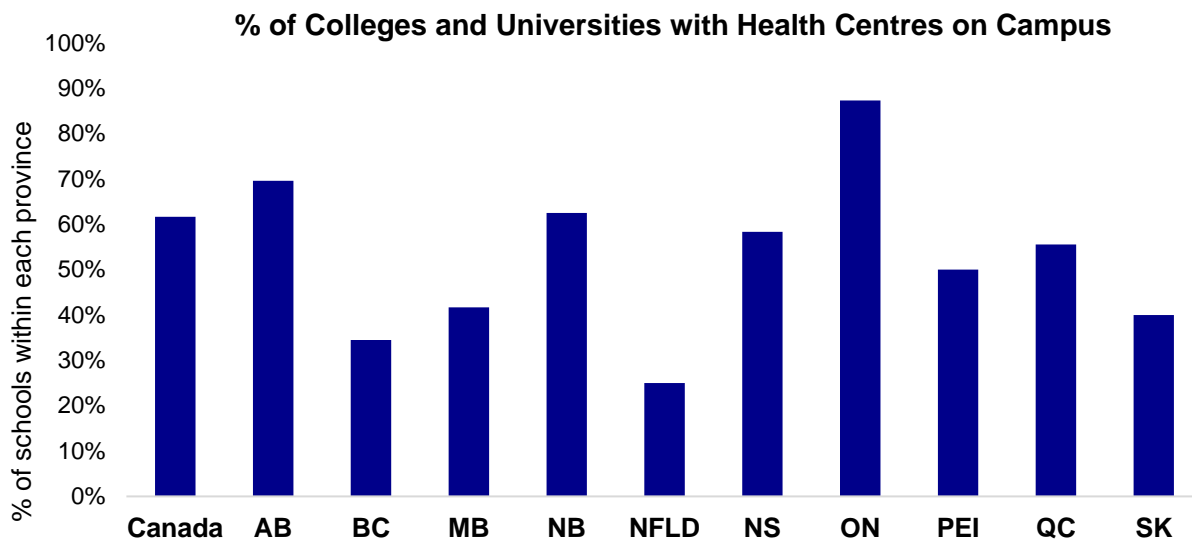
Although not every college and university in Canada (96%) has a formal accessibility program in place (see chart below for a breakdown across Canadian schools), every student with diabetes is entitled to ask for these supports, and most colleges and universities would make the accommodations to ensure full access to post-secondary education.

% of Colleges and Universities with Accessibility Accommodations for Students with Diabetes



Access to Healthcare Services on Campus

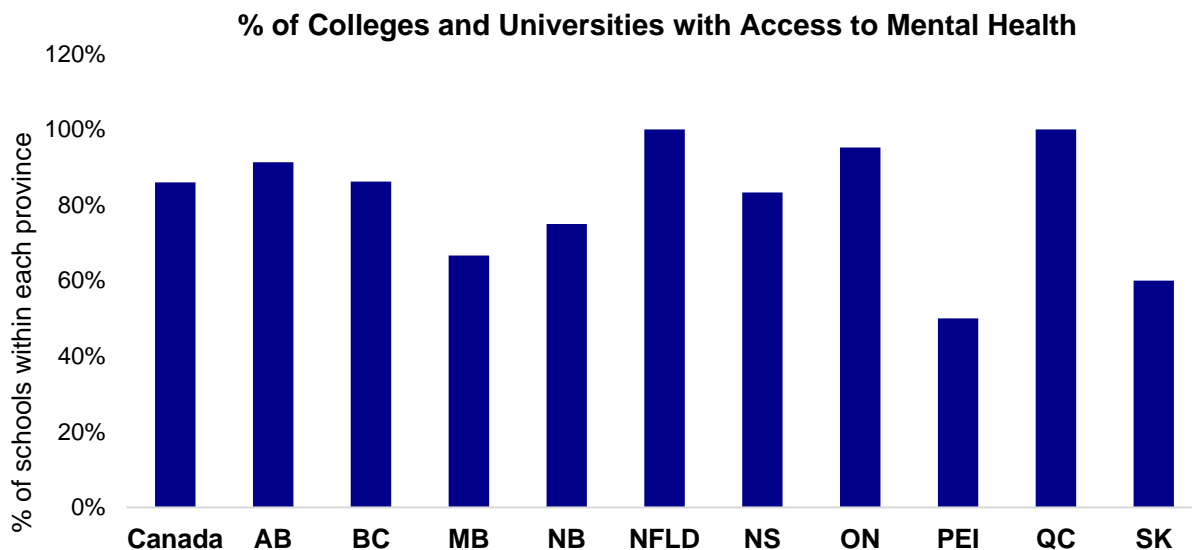
62% of colleges and universities have campus health centres that offer basic medical and emergency services. College/University health centres are a great resource for nutritional information; accessing counseling support; and referral services for students with diabetes.



Mental Health Support Services on Campus

Post-secondary students were among those hit hardest by the COVID-19 pandemic, with social isolation, virtual learning challenges, job insecurity, and financial hardship having a profound impact on their mental health and well-being. In response to unprecedented demand and need for mental health services, private sector and government supports incrementally increased access to mental health services across college and university campuses across Canada during the pandemic.

At the time of our review this June, 86% of colleges and universities offered virtual or on-site mental health counseling, with over 90% of schools in Alberta, Newfoundland, Ontario and Quebec offering on-site and/or virtual mental health services. See below for a regional breakdown:



Mental health, student health and dental insurance plans, and campus health services are typically covered by compulsory fees built into your tuition fees. Even with an average 8% increase in compulsory fees across the country over the last year, additional funding was needed to support students during the pandemic.

Last year Bell Canada’s *Let’s Talk* program announced \$1 million in funding to provide telehealth services for 16 post-secondary institutions across Canada. The Government of Canada also invested \$2 million in funding to develop and pilot peer support programs at 5 universities (University of Prince Edward Island, University of New Brunswick, Trent University, Medicine Hat College and University of British Columbia).

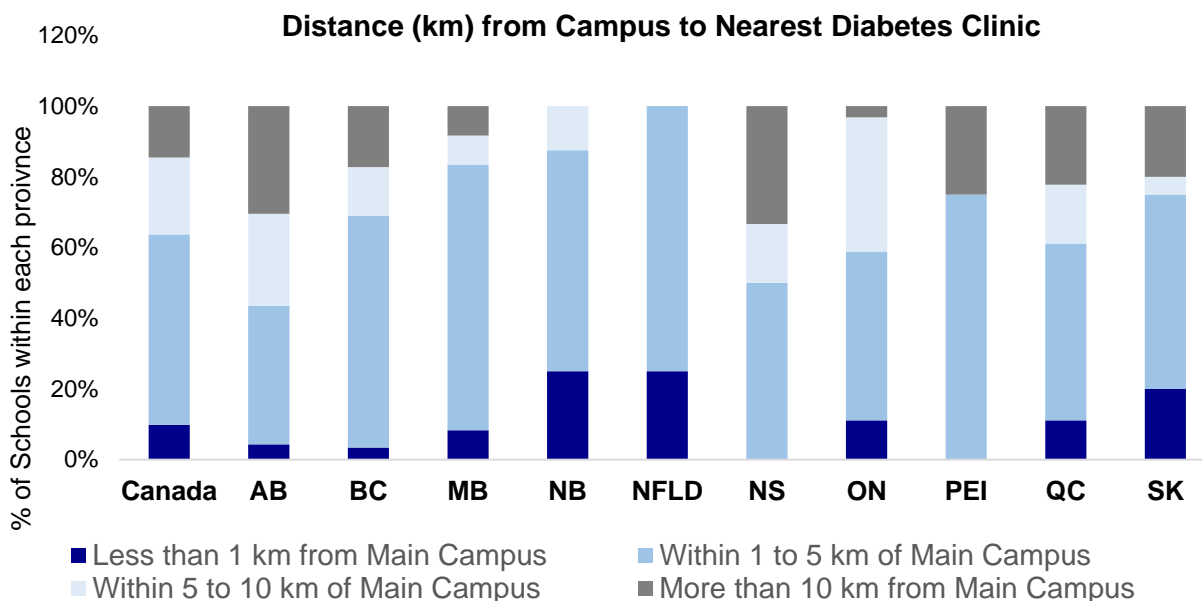
At the provincial level, the Ontario government invested \$147 million in funding to support and build upon the province’s colleges and universities as part of their Roadmap to Wellness program. In Quebec, \$60 million was allocated in their budget to invest in mental health support for students over the next five years.

However, despite the availability of mental health resources on campus and recent investments, the Canadian Alliance of Student Associations, an advocacy group representing 22 student associations nationwide, reported a staggering three quarters of students experiencing negative mental health during their studies during the 2021-2022 school year.

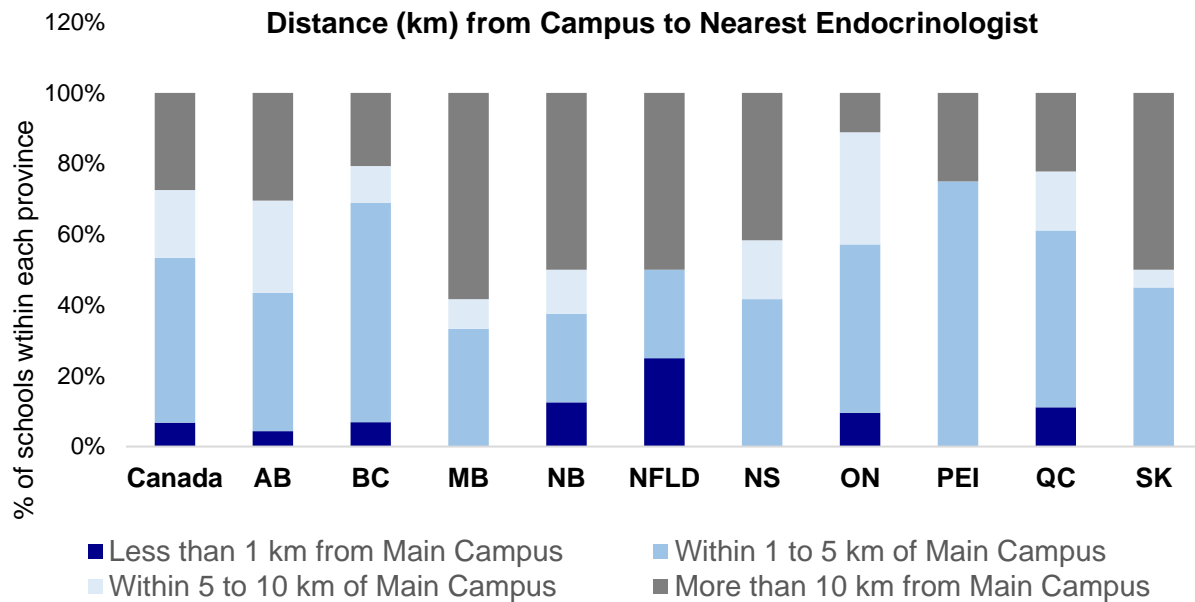
Access to Diabetes Care

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 transition to an adult diabetes program.

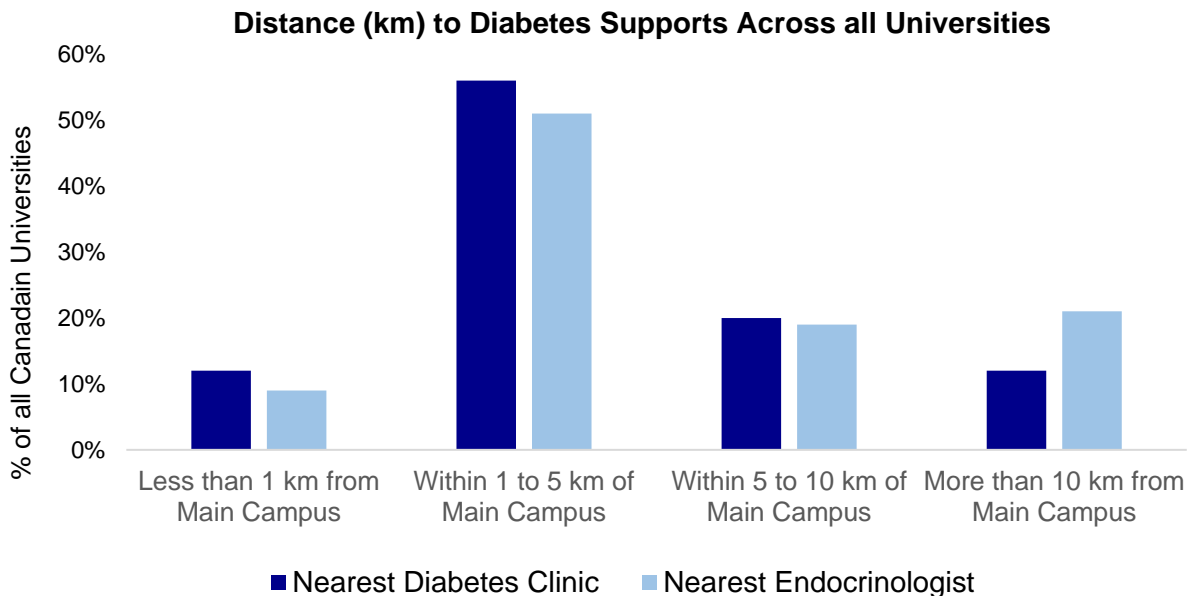
Across Canada, 65% of colleges and universities are located within 5 km of the nearest diabetes healthcare centre, with 80-100% of college/university campuses in Manitoba, New Brunswick, Newfoundland, Prince Edward Island and Saskatchewan located within 10 km of the nearest clinic.

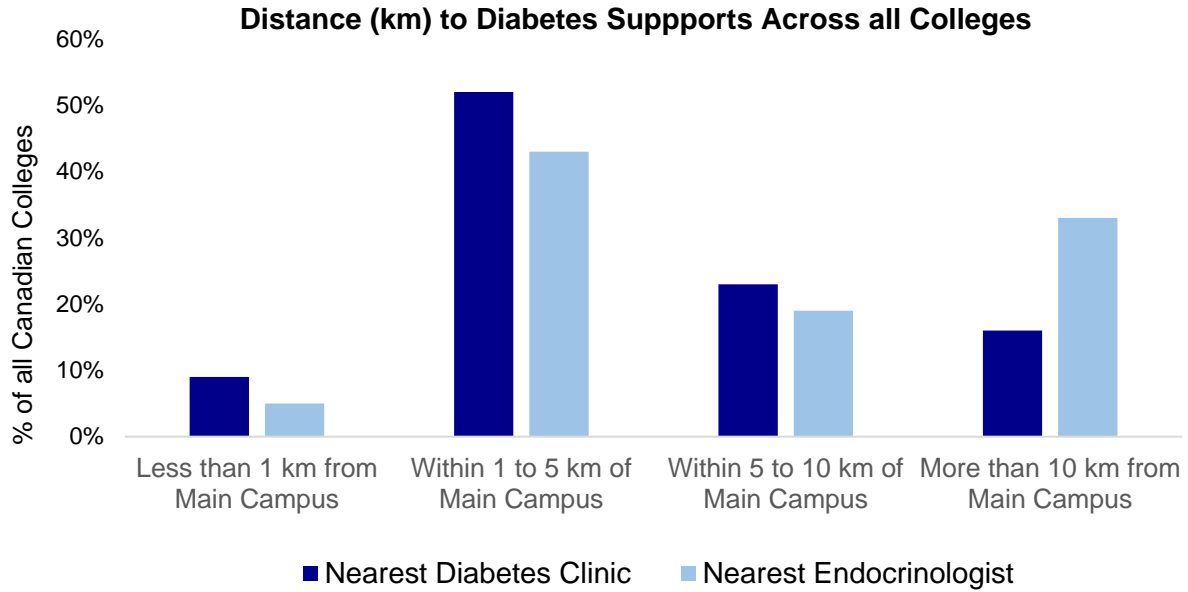


Just a little more than half (54%) of the 193 colleges and universities reviewed were located within 5 km of the nearest endocrinologist, with significant variation from province to province. For more details, please refer to individual school sheets that can be found in sections 4 through 12.



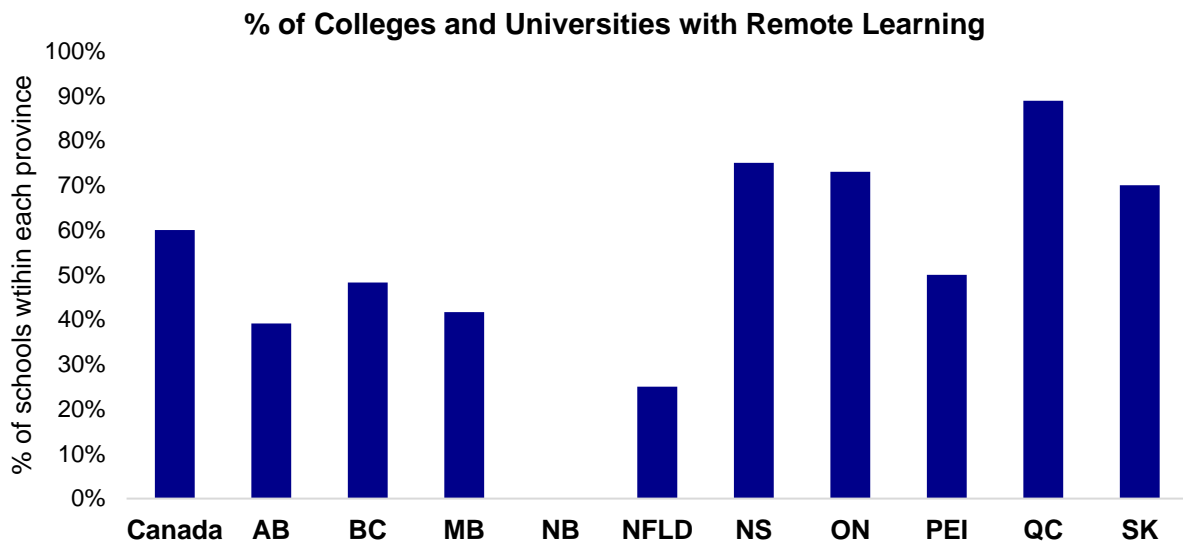
There is also significant variation in access to diabetes healthcare between colleges and universities. Across Canada, 68% of universities are located within 5 km of a diabetes healthcare centre and 60% are located within 5 km of an endocrinologist. In comparison, 61% of colleges are located within 5 km of a diabetes healthcare centre, and only 48% are located within 5 km of an endocrinologist.





Remote Learning During the Pandemic

Lastly, remote learning supports became available during the pandemic with majority of colleges and universities offering online courses, social and mental health supports, and alternative testing/exam formats to protect the health and safety of faculty and students. Even with students returning to school last fall, 60% of the colleges and universities across Canada reviewed have maintained remote learning options and tools for students. Below is a regional breakdown of the availability of remote learning across Canada:



2

**RIGHTS AND
BENEFITS**

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.

There are 5 main principles in the Canada Health Act

1	2	3	4	5
Public Administration: 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.	Comprehensive: All necessary health services, including hospitals, physicians, and surgical dentists, must be insured.	Universality: All insured residents are entitled to the same level of health care.	Portability: 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.	Accessibility: 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.

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 or virtual 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
	Use of adaptive or diabetes technology (CGM, insulin pump etc.) during exams
	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 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, once a student arrives to their new home province, they immediately need to 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 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 \$2,479 or 3% of your net income or other designated amount (whichever is less).

Refundable Medical Expense Supplement

Refundable Medical Expense Supplement

The Refundable Medical Expense Supplement is available to those who are working and earn less than \$55,449 (2022). Eligible claims are capped at a maximum of \$1,316 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

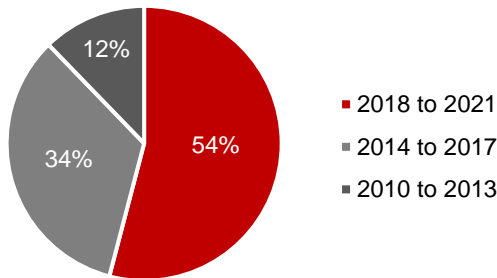
ALUMNI INSIGHTS

Alumni Insights – Part One

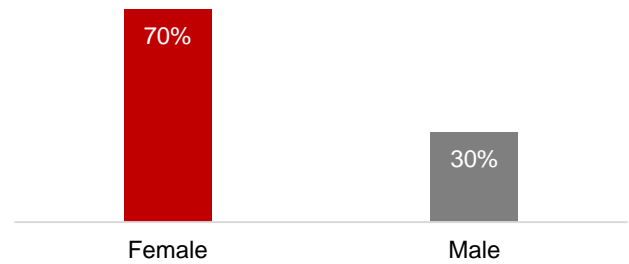
The following sections are a summary of the responses from our 2022 transition questionnaire administered to 514 scholarship alumni this summer. Although none of the information/insights included in our guide can be considered a substitute for medical information given to you by a healthcare professional, 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. Our Alumni Profile, 2022 Questionnaire

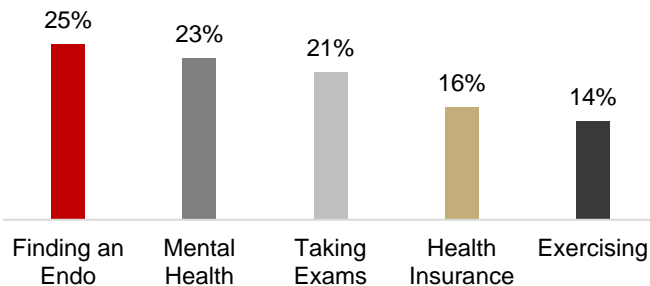
Respondents by Alumni Cohort



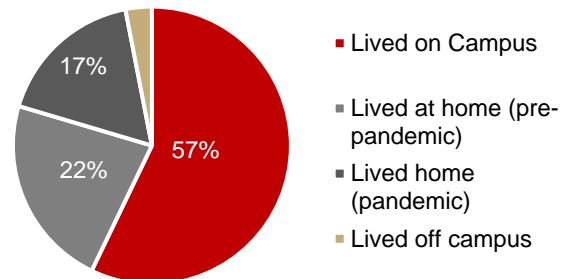
Respondents by Gender



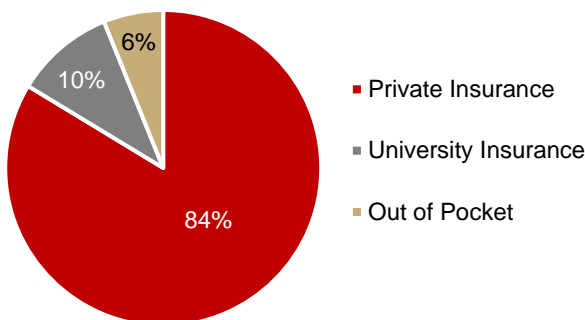
Most Important Transition Concerns



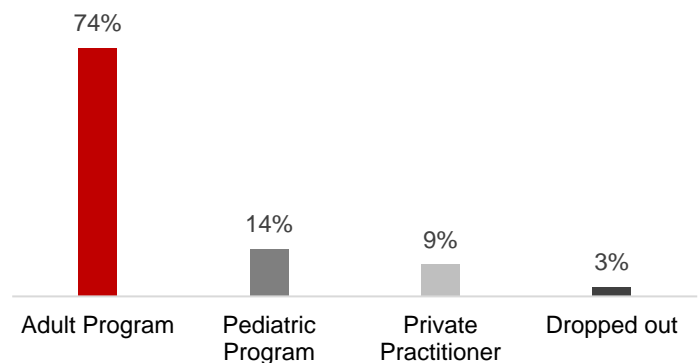
Alumni Living at Home vs On Campus



Health Insurance Coverage

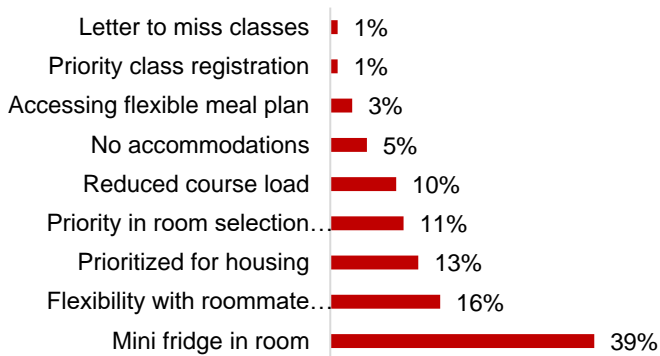


Transition to Adult Diabetes Care

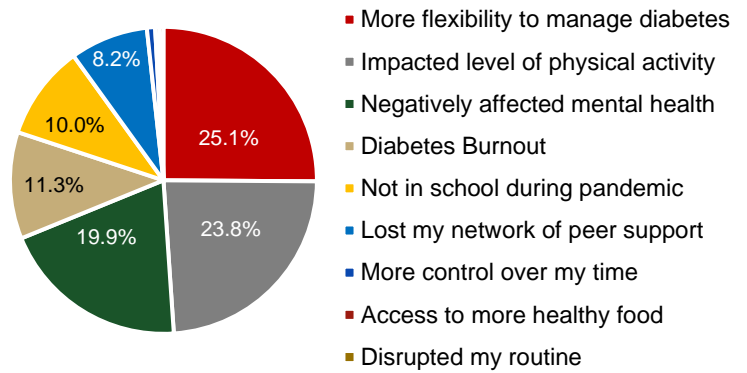


B. Accessing Campus Supports

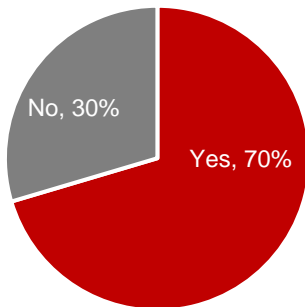
Use of Accessibility Accommodations



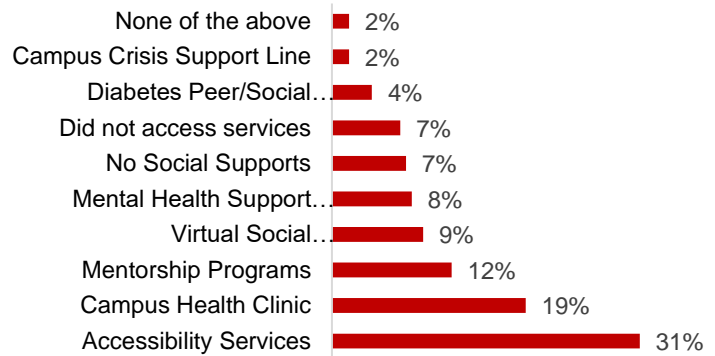
Use of Exam Accommodations



Knowledge of Accessibility Services

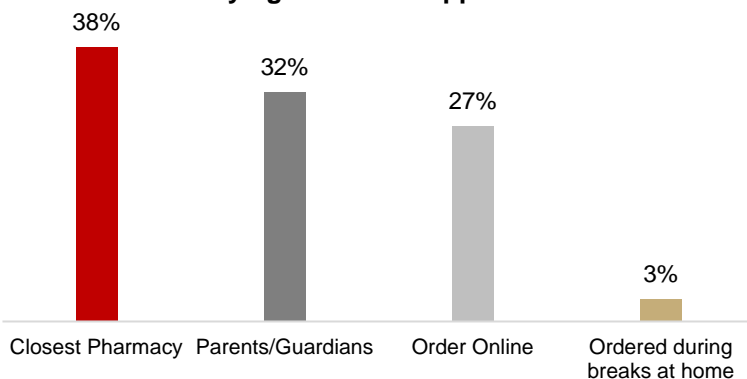


Use of Campus Support Programs

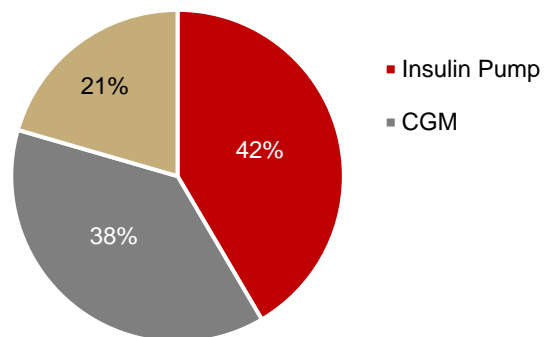


C. Diabetes Management

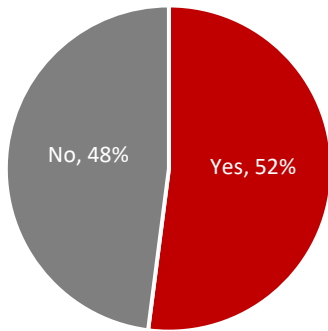
Buying Diabetes Supplies



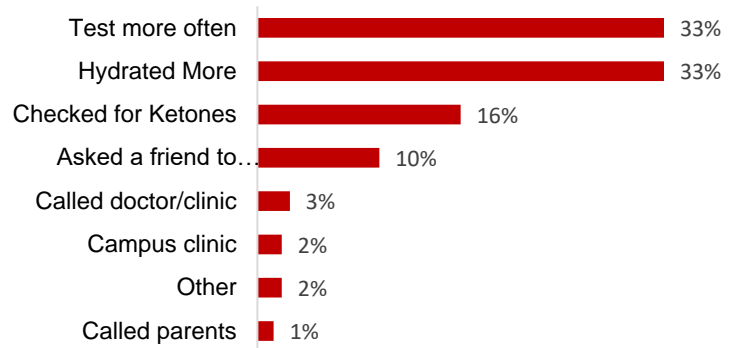
Use of Diabetes Technology



Sharing Diabetes Data with Parents



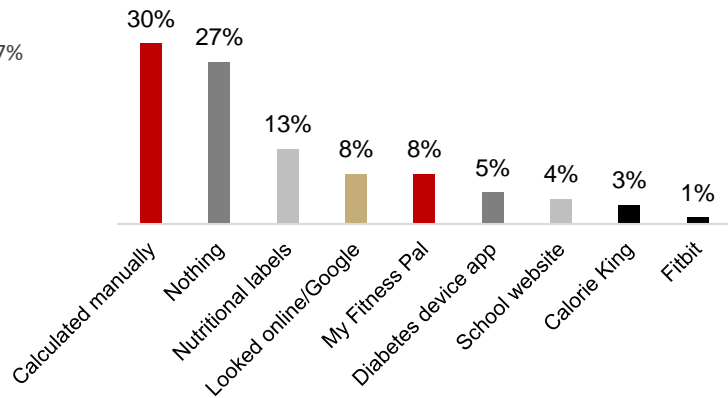
Strategies for Managing Sick Days



Dietary Changes During Transition



Carb Counting Apps/Tools



Managing Blood Sugar Changes During/After Exams	Total	%
Juice and sugar tablets/gummies	25	25%
CGM and/or Insulin Pump	11	11%
Took breaks/left the room to correct	8	8%
No change during exams	14	14%
Bring snacks into exam/class	12	12%
Check blood sugars very frequently	7	7%
Testing before and after tests/exams	5	5%
I let it run high during exams	4	4%
Treat my blood sugars place regardless of where I am	3	3%
Going to the gym/exercise	2	2%
Bring extra supplies into the room	2	2%
More frequent insulin changes	1	1%
Change insulin to carb ratio (eat lower carb foods)	1	1%
Carried emergency kit in my bag into the room	1	1%
Raised my hand to treat my blood sugars	1	1%
Used extra time to treat high/low BG	1	1%
Eating a good meal the night before	1	1%
Learn patterns of spikes and crashes to correct before exams	1	1%
	100	100%

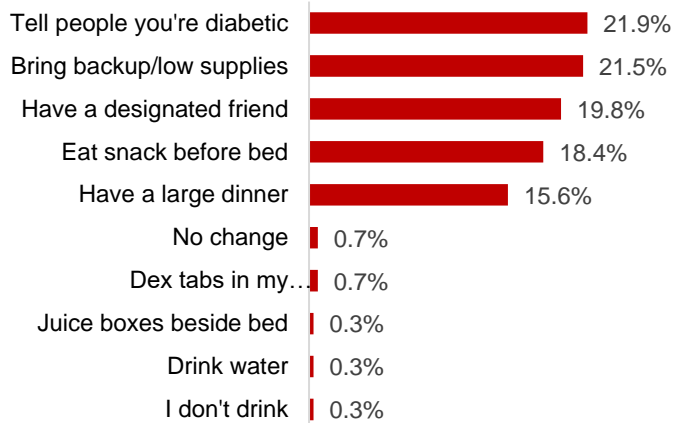
Managing Carb Heavy Food on Campus	Total	%
Bring meals and snacks from home	25	27%
Extend bolus when needed	14	15%
Extra insulin	10	11%
I had lots of options, it was not a problem	9	10%
I did not eat the food on campus	6	6%
Try to pick lower carb options	6	6%
Eat lots of fruit and veggies to balance out diet	5	5%
Exercise after eating carb heavy foods	5	5%
Keep low carb and healthy snacks in dorm room	4	4%
Portion control	4	4%
Try to eat in moderation	2	2%
Vegetarian diet	1	1%
Chose places with nutritional guides available	1	1%
Carry emergency supplies and food with me	1	1%
	93	100%

Impact of Cooking Your Own Food	Total	%
Improved my diabetes management	26	36%
There was no difference	15	21%
Eating more balance BG stabilizing meals	11	15%
Cooking myself was difficult/cafeteria more convenient	8	11%
My parents did the cooking	5	7%
Cooking helped me eat less food and use less insulin	3	4%
Bringing home cooked food or snacks to school helped	3	4%
helped me eat a gluten free diet (celiac)	2	3%
	73	100%

Packing for long commutes/flights home on breaks	Total	%
Pack 2 to 3x the supplies you normally need	14	25%
Regularly keep supplies at home, apartment and partner's home	7	13%
Keep cooler packs ready to travel with/pack chill packs	5	9%
Bring a few extra supplies in case of emergency	6	11%
Carry your supplies, do not check with luggage	3	5%
Make a packing list ahead of time	3	5%
Bring enough supplies for all the days you will be away	4	7%
When flying, keep all your supplies in clear zipped bag to go through security	2	4%
Keep a travel bag stocked and ready ahead of time	2	4%
Leave supplies at your destination ahead of time	2	4%
Pack lots of fresh fruit in your carry on bag	1	2%
I keep about a month of pump supplies with me	1	2%
Find out where the nearest pharmacy is before you arrive	1	2%
Bring gummies in carry on/luggage	1	2%
Bring an endo letter with you (make extra copies)	1	2%
I didn't do anything	1	2%
Just brought my supplies with my backpack/regular bag	2	4%
	56	100%

D. Managing a Night Out

How to Manage Nights Out with Friends



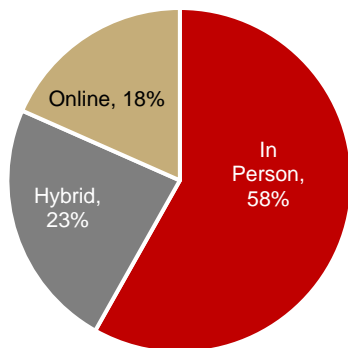
Strategies to Prevent Diabetes Burnout



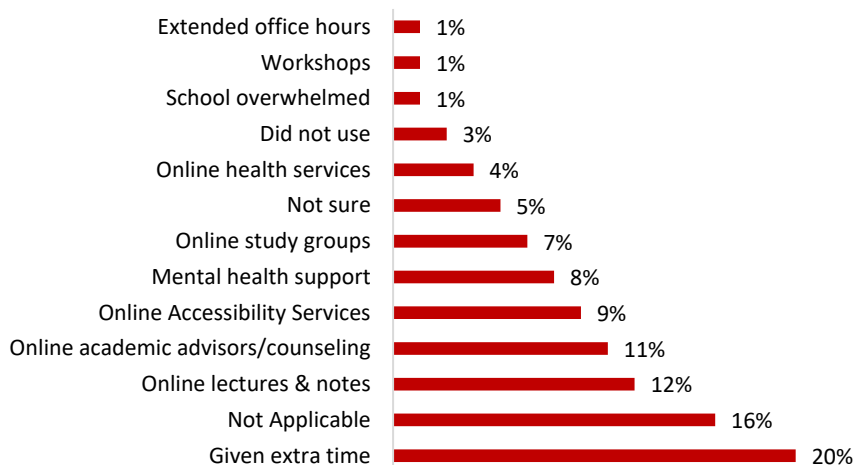
Tips for Drinking/Night out with friends	Total	%
Eat while you drink/Eat before you drink	24	18%
Drink with friends you know/trust	16	12%
Know your limits/limit the amount that you drink	16	12%
I did not drink	13	10%
Make sure your friends know about your diabetes/what to do	12	9%
Monitor your blood sugars regularly/Test every hour	13	10%
Keep your diabetes supplies with you	7	5%
Avoid sugary drinks	6	4%
Alternate between alcoholic and non-alcoholic drinks to stay hydrated	4	3%
Have a friend check in on you	2	1%
Eat a snack before you go to sleep	2	1%
Be ready for the drop in BG after you drink	5	4%
Try to stick with low carb drinks	1	1%
Bring emergency juice or candy	1	1%
Become familiar with ingredients that go into drinks	1	1%
Avoid drinking games	1	1%
Higher is safer, as alcohol will likely drop BG	3	2%
Have some juice before bed/snack before bed	2	1%
Reduce your insulin at night	3	2%
Find a drink that works with you and stick with it	1	1%
Make sure you have mental capacity to treat your diabetes	1	1%
Share your CGM data with someone	1	1%
	135	100%

E. Impact of COVID-19 Pandemic

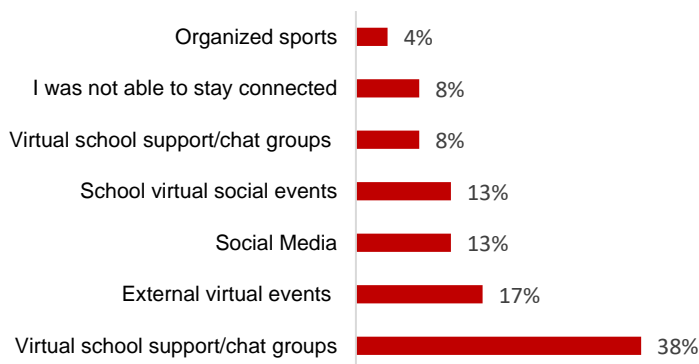
Learning Method in Transition Year



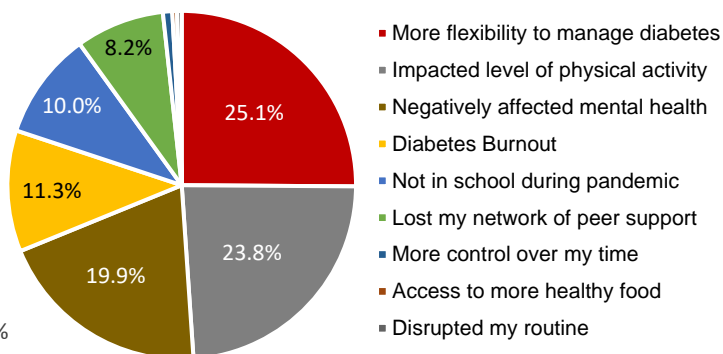
Remote Learning Accommodations



Staying Connected During Covid



Impact of Covid Lockdowns on Diabetes



Alumni Insights – Part Two

In our 2022 Transition Questionnaire, we asked our respondents to provide us with transition tips for type 1 teens. We have organized their tips into the following key areas of interests for youth living with diabetes.

General Tips for Transition to College & University

“It is a very important transition as it will be the beginning of your experience with diabetes as an adult.”

“Take time to understand the patterns and changes with your diabetes management and university life.”

“Don’t be embarrassed of T1D, make it a part of you! Check in with family back home so they don’t worry.”

“Be prepared for most things to take more effort on your part than it should.”

“You won't have everything figured out in your first semester! Do your best, and know that no one else has everything figured out either.”

“Educate people on diabetes, most don't have a good idea of what it really is like.”

“Stress affects diabetes tremendously so for the sake of your health and grades, do your best to manage your stress.”

“Wearing a medical bracelet or necklace is a good discreet way to make sure that your diabetes is known in an emergency, especially if you are surrounded by strangers.”

Accessibility Accommodations & Campus Supports

“Talk to people, departments, accessibility services at your university to learn about them - never know when you will need them.”

“Push for accommodations even if you think you won't need them, because you will be very grateful when you do. Also don't be afraid to actually use your accommodations.”

“There is absolutely zero shame in accessing accommodations at university/college, and doing so early can be super helpful! For example, while I registered for academic accommodations in September of first year, I was not required to apply my accommodations to every single course I took. However, registering at the start of my degree meant that the option was always there in case I wanted to use them.”

“Apply for accessibility services with exams - it was a huge help to me.”

“If you want to request academic accommodations, you will have to do so early (i.e. often by June or July).”

“Really take some time to talk to your accessibility and health services or any first year mentor you may have (they may be able to connect to a service you might not know about necessarily) to learn about the benefits or supports for you available as a T1 teen.”

“Make sure to check what your school insurance covers through their insurance website! The coverages of supplies may change year to year. Double check what dates the school insurances are extended to - many last until late August.”

“Just explain what you're doing to professors if you're low/high in an exam. People still ask if my pump is a pager so there's still misconceptions about medical devices, but just explain what you're doing is for your diabetes, your pump isn't connected to the internet, and your prof will certainly understand.”

“Use the available resources to their fullest potential.”

Diabetes Management

“It's a really exciting time, you'll learn a lot about yourself and what works/doesn't work for your diabetes management.”

“Stay in touch with your doctor to figure out how to adjust insulin depending on situation and how you are feeling.”

“You have to be your own advocate and remember that you know your body best. School nurses/doctors can make suggestions for you but this is your body and you're handling the consequences of how it's treated, so don't let anyone force you to respond to your health needs a certain way.”

“You will have a different schedule everyday so it is important to check your blood sugar every 2-3 hours and treat it.”

“My life got easier when I started preparing more, by making sure I always had my supplies with me. That includes pump supplies, insulin, glucagon, snacks, and anything to treat lows.”

“Keep an eye on your supply levels, learn how to ship supplies to where you’re living, set up your prescriptions at a local pharmacy before moving, and make sure to request refills about a week before you need them.”

“Take time to understand the patterns and changes with your diabetes management and university life.”

“Controlling blood sugars will help you focus on your studies.”

“Prioritize your mental health and create routine to make your diabetes management easier.”

Health and Nutrition

“Do your best to eat well! A poor diet might promote fatigue and can lead to developing bad habits.”

“Figure out how your body reacts to certain foods and situations so that you know how to adjust your insulin accordingly.”

“Sometimes it’s hard to get in proper meals between classes, or plans can change quickly (last-minute study groups, hangouts with friends, etc), so it’s always great to be prepared.”

“You should take your own food as much as possible and stay active.”

“Find ways to exercise, even if its for half an hour a day, it can make a world of difference in the long haul.”

“Be careful in the sun and when drinking as your blood sugar will probably drop and fluctuate.”

Diabetes Support Network

“Don’t be afraid to tell people and ask for help! You’re not an inconvenience to anyone.”

“Make the most out of your university experience by joining all the groups/activities that interest you. There are so many fun resources available to you at university!”

“Join clubs diabetes, disability or mental health related to learn about different supports out there to help.”

“Try to surround yourself with a support system of friends you can rely on. Look for on campus support systems for type 1 diabetics.”

“In my experience, everyone who knew I was diabetic was very accepting and accommodating.”

“Try and find other diabetics that are in your residence.”

“Find a friend or group of people you trust and can fall back on to talk about normal life things outside of school. It really helps to be able to communicate how you’re feeling!!”

“I found that keeping in touch with my family and talking to them about my diabetes was very helpful this year, especially as a student away from home. Finding family and/or friends that help me feel grounded allows me to be more open towards facing my challenges as a diabetic, and I am very grateful for everyone in my life who has supported me thus far and gave me an ear to listen to my concerns.”

“Whether it’s about diabetes or something else, sometimes just talking about it and feeling that support is there for you can be helpful.”

4

ALBERTA

Legal Protections

For Students with Diabetes in 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 19-65 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
- 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 (except inter-facility transfers)
- 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, Medical forms and notes
- Podiatry and optometry services obtained outside Alberta
- Dentistry services obtained outside Alberta, except for medically required oral surgery
- Assisted reproductive technologies, including fertility treatments and in vitro fertilization
- Driver's medical exam for patients 74.5 years of age or older
- Payment for diagnostic imaging referred by chiropractors, physiotherapists and audiologists
- Private and semi-private hospital rooms (unless medically necessary)

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 \$2,400 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: <https://www.alberta.ca/non-group-coverage.aspx>

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:

<https://www.albertahealthservices.ca/services/Page8548.aspx>

For more a list of approved Diabetes Insulin Pump Clinics in Alberta please visit:

<https://www.albertahealthservices.ca/assets/programs/ps-1061556-insulin-pump-contact.pdf>



ABM College of Health and Technology

Address of Main Campus
 112 28 Street SE Suite 200
 Calgary AB T2A 6J9
 403-719-4300
www.abmcollege.com

Closest Diabetes Program
 Sunridge Medical Gallery
 Diabetiabetes Centre
 2580 32 Street NE
 Calgary AB T1Y 7M8
 403-955-8146

Closest Endocrinologist
 Sunridge Medical Gallery Diabetes
 Centre
 2580 32 Street NE
 Calgary AB T1Y 7M8
 403-955-8146

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✗ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
N/A		N/A

Additional Diabetes or Social Supports: There is an extensive list of health and wellness programs at this college. For more information, please visit <https://www.abmcollege.com/student-services/health-wellness>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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

Tips from our Alumni –
“Find what works for each day, if your schedule changes, make a pattern out of it.”



Ambrose University College

Address of Main Campus

150 Ambrose Circle SW Calgary AB
T3H 0L5
403-410-2000
www.ambrose.edu

Closest Diabetes Program

Richmond Road Diagnostic and
Treatment Centre
Diabetes Education Program
1820 Richmond Road SW
Calgary AB T2T 5C7
403-955-8135

Closest Endocrinologist

Richmond Road Diagnostic and
Treatment Centre
1820 Richmond Road SW
Calgary AB T2T 5C7
403-955-8135

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Accessibility and Student Academic Success Services</u> Fill out Accessibility Registration Form and call or email to schedule an appointment with an advisor. Tel: 403-410-2000 ext. 2956 Email: accessibility@ambrose.edu</p>	<p>Complete Exam Accommodation Request (EAR) Form one or two weeks before the examinations.</p>	<p>Counselling Services https://ambrose.edu/student-life/counselling Email: counselling@ambrose.edu Tel: 403-410-2925</p>

Additional Diabetes or Social Supports: There is an extensive list of health and wellness programs at this college and within the local community. For more information, please visit <https://ambrose.edu/student-life/health-services>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Ambrose Student Council	Alberta Blue Cross	Sept 1- Aug 31 of each school
Co-Pay	Maximum Coverage/Year	Blackout Period
0% on generic drugs, 20% on brand name drugs, up to a \$7 dispensing fee	\$10,000	Not specified

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 –

“Don't be afraid or embarrassed about your diabetes! Use the resources available to you”



Athabasca University

Address of Main Campus

1 University Drive
Athabasca AB T9S 3A3
1-800-788-9041
www.athabascau.ca

Closest Diabetes Program

Sturgeon Community Hospital
Diabetes Program
201 Boudreau Road
St. Albert AB T8N 6C4
780-401-2665

Closest Endocrinologist

Sturgeon Community Hospital
201 Boudreau Road
St. Albert AB T8N 6C4
780-401-2665

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Download Disability Documentation Form and call or email to schedule an appointment with an advisor Email: asd@athabascau.ca</p>	<p>Extended time, breaks for snacks, medicine and drinks, access to assistive technologies, a quiet space to write the exam.</p>	<p>Mental Health and Wellness https://www.athabascau.ca/support-services/mental-health-and-wellness/index.html Email: healthandwellness@athabascau.ca</p>

Additional Diabetes or Social Supports: There is a list of mental health programs provided at this university. For more information, please visit <https://www.athabascau.ca/support-services/mental-health-and-wellness/wellness-programs-resources/index.html>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

Additional Information: No health insurance available at this institution. Contact the Student Union to learn more about pharmacy discounts for students at: <https://www.ausu.org/services/student-wellness/pharmacy-savings/>

Tips from our Alumni –

“Make your own food and plan your meals in order to simplify your diet and manage your diabetes better.”



Bow Valley College

Address of Main Campus

345-6 Avenue SE
 Calgary, AB T2G 4V1
 403-410-1400
www.bowvalleycollege.ca

Closest Diabetes Program

Richmond Road Diagnostic and Treatment Centre
 Diabetes Education Program
 1820 Richmond Road SW
 Calgary AB T2T 5C7
 403-955-8135

Closest Endocrinologist

Richmond Road Diagnostic and Treatment Centre
 1820 Richmond Road SW
 Calgary AB T2T 5C7
 403-955-8135

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Learner Success Services</u> Contact 4 months before school starts. Call or email to schedule an appointment with an Accessibility Services Advisor. Tel: 403-410-1440 Email: accessibility@bowvalleycollege.ca</p>	<p>Complete online request form one or two weeks before the examinations.</p>	<p>Mental Health Services https://bowvalleycollege.ca/student-resources/student-life/counselling Tel: 403-410-1440 Email: counselling@bowvalleycollege.ca</p>

Additional Diabetes or Social Supports: The 7-Cups is a peer support program at this college, it is a text based support platform for students at this college. For more information, please visit <https://bowvalleycollege.ca/student-resources/student-life/counselling/7-cups>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Students' Association of Bow Valley College	CanadaLife	12 months (from the first day of the month your program begins)
Co-Pay	Maximum Coverage/Year	Blackout Period
25% and \$7 dispensing fee	\$3,000.00	No Blackout Period

Additional Information: Students can upgrade to different types of plans for different co-pays, more information here: https://www.mystudentplan.ca/_uploads/documents/Bow_Valley/330760-SABVC-PlainBook-StudentsPlan-2022-09-16.pdf Coverage for blood glucose monitor (will pay up to \$150 in any period of 5 policy years). Coverage for one insulin pump for each insured person per lifetime and its related supplies if prescribed by a physician.

Tips from our Alumni –

“Get a big backpack with lots of pockets. More pockets= more localized places for juice.”



Burman University

Address of Main Campus

6730 University Drive
Lacombe AB T4L 2E5
403-782-3381
www.burmanu.ca

Closest Diabetes Program

Red Deer Diabetes
Education Centre
4755 49 Street
Red Deer AB T4N 1T6
403-314-6997

Closest Endocrinologist

Red Deer Diabetes Education
Centre
4755 49 Street
Red Deer AB T4N 1T6
403-314-6997

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Sakala Success Centre</u> Call or email to schedule an appointment with the Disability Liaison to request for accommodations Tel: 403-782-3381 ext. 4141 Email: cjohnson@burmanu.ca</p>	<p>Develop exam accommodations plan with Disabilities Liaison.</p>	<p><u>Counselling Services</u> https://www.burmanu.ca/sakalasuccesscentre/counselling Tel: (403) 782-3381 x 4154 Email: tamaravanrensburg@burmanu.ca</p>

Additional Diabetes or Social Supports: There are peer mental health training and workshops for students at this university. For more information, please visit <https://www.burmanu.ca/sakalasuccesscentre/training>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Student Services	WeSpeakStudent	Sept 1 – Aug 31
Co-Pay	Maximum Coverage/Year	Blackout Period
10% and \$10 dispensing fee	\$3,500	Not specified

Additional Information: Coverage includes syringes, needles and diagnostic test strips, including glucometers, alcohol swabs and lancets, subject to a maximum of \$200.00 per insured per policy year (pseudo din# 910333 must be used for all diabetic supplies). Can also upgrade to different plans for a fee.

Tips from our Alumni –

“Keep the supplies all together in a bag that fits inside a backpack or purse, so you don't have to constantly unpack & repack. You can just move the bag wherever it's needed.”



Concordia University of Edmonton

Address of Main Campus

7128 Ada Boulevard
Edmonton AB T5B 4E4
780-479-8481
www.concordia.ab.ca

Closest Diabetes Program

Royal Alexandra Hospital
Diabetes Program
10240 Kingsway Avenue NW
Edmonton AB T5H 3V9
780-401-2665

Closest Endocrinologist

Royal Alexandra Hospital
Diabetes Program
10240 Kingsway Avenue NW
Edmonton AB T5H 3V9
780-401-2665

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Learning Accommodations Services (LAS)</u> Call or email to schedule an appointment to develop Individual Service Plan Tel: 780-479-9242 Email: learningaccommodations@concordia.ab.ca</p>	<p>Contact the Advisor to know more about learning accommodations.</p>	<p>Counselling Services and Peer Support https://concordia.ab.ca/student-services/student-life-learning/support-services/counselling-services/</p>

Additional Diabetes or Social Supports: The CUE Wellness offers student led activities and events on mental health for students at this university. For more information, please visit <https://concordia.ab.ca/student-services/student-life-learning/support-services/cue-wellness/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Concordia Students' Association	CanadaLife	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$3,000.00	60 day validation period during start of term

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

Tips from our Alumni –

“Take time to understand the patterns and changes with your diabetes management and university life.”



Northwestern Polytechnic

Address of Main Campus
 10726-106 Avenue
 Grande Prairie AB T8V 4C4
 780-539-2911
www.nwpolytech.ca

Closest Diabetes Program
 Grande Prairie Provincial Building
 Grande Prairie Diabetes Clinic
 10320 99 Street
 Grande Prairie AB T8V 6J4
 780-513-7502

Closest Endocrinologist
 Grande Prairie Provincial Building
 10320 99 Street
 Grande Prairie AB T8V 6J4
 780-513-7502

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Supports Call or email to schedule an appointment with the Accessibility Coordinator. Tel: 780-539-2017 Email: AS@nwpolytech.ca</p>	<p>Access to assistive technology, reduced course load.</p>	<p>Mental Health Supports for Students https://www.nwpolytech.ca/services/mental_health/index.html Tel: 780-539-2069 Email: mentalhealth@nwpolytech.ca</p>

Additional Diabetes or Social Supports: There are peer supports available at this college, with advisors to provide students support and tools. For more information, please visit https://www.nwpolytech.ca/services/mental_health/index.html

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Students' Association of Grande Prairie Regional College	The Campus Trust	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$3,000.00	Not specified

Additional Information: Prescription drug coverage is based on the Student Managed Drug Formulary. Diabetic Supplies coverage for \$1,500 per student year.

Tips from our Alumni –

“Stress affects diabetes tremendously so for the sake of your health and grades, do your best to manage your stress.”



Keyano College

Address of Main Campus

8115 Franklin Avenue
Fort McMurray AB T9H 2H7
780-791-4800
www.keyano.ca

Closest Diabetes Program

Wood Buffalo Primary Care Network
301-108 Riverstone Ridge
Fort McMurray AB T9K 1S6
780-714-2193

Closest Endocrinologist

Wood Buffalo Primary Care Network
301-108 Riverstone Ridge
Fort McMurray AB T9K 1S6
780-714-2193

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Academic Success Centre</u> Call or email to schedule an appointment with a Learning Strategist Tel: 780-791-8934 Email: Accessibility.services@keyano.ca</p>	<p>Access to assistive technology, breaks for movement, extensions</p>	<p>Counselling Services https://www.keyano.ca/en/student-services/counselling.aspx Tel: 780-791-8934</p>

Additional Diabetes or Social Supports: There is a wellness navigator and Indigenous Support Line available at this college. For more information, please visit <https://www.keyano.ca/en/student-services/wellness-navigation.aspx>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Student Association of Keyano College	Desjardins Insurance	September 1st to August 31st
Co-Pay	Maximum Coverage/Year	Blackout Period
20% and dispensing fee limited to \$5	\$3,000.00	September 1st to October 31st

Additional Information: Prescription drug coverage is based on the National Formulary. Coverage includes insulin and diabetic supplies.

Tips from our Alumni –

“Don’t be embarrassed of T1D, make it a part of you! Check in with family back home so they don’t worry.”



Lakeland College – Vermillion Campus

Address of Main Campus

5707 College Drive
 Vermillion AB T9X 1K5
 1-800-661-6490
www.lakelandcollege.ca

Closest Diabetes Program

Wetaskiwin Community Health Centre
 5610-40 Avenue
 Wetaskiwin AB T9A 3E4
 780-361-4333

Closest Endocrinologist

Wetaskiwin Community Health Centre
 5610 40 Avenue
 Wetaskiwin AB T9A 3E4
 780-361-4333

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Accessibility Services Call or email to schedule an appointment with an Accessibility Advisor. Tel: 780-853-8438 Email: stacey.haeberle@lakelandcollege.ca	Extra time (1.5x), ability to write in a quiet space, spell checker program.	Health and Wellness Services https://www.lakelandcollege.ca/current-students/counsellors.aspx Tel: 780-853-8650 Email: alyce.allaster-hunsperger@lakelandcollege.ca

Additional Diabetes or Social Supports: There are wellness supports available at this college. For more information, please visit <https://www.lakelandcollege.ca/current-students/wellness.aspx>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Lakeland College Students' Association	WeSpeakStudent	12 months (from the first day of the month the program begins)
Co-Pay	Maximum Coverage/Year	Blackout Period
10%	\$3,000.00	Not specified

Additional Information: Prescription drug coverage is based on the National Drug Formulary. Coverage includes insulin injectibles, syringes, needles and diagnostic test strips, including glucometers, alcohol swabs and lancets (pseudo din #910333 must be used for all diabetic supplies)

Tips from our Alumni –

“Talk to people, departments, accessibility services at your university to learn about them - never know when you will need them.”



Lethbridge College

Address of Main Campus

3000 College Drive South
Lethbridge AB T1K 1L6
403-320-3200
www.lethbridgecollege.ca

Closest Diabetes Program

Melcour Centre
South Zone Diabetes Program
424 5th Street South
Lethbridge AB T1J 2B7
403-388-6675

Closest Endocrinologist

Melcour Centre
424 5th Street South
Lethbridge AB T1J 2B7
403-388-6675

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Call or email to schedule an appointment with an advisor. Tel: 403-320-3202 ext. 5400 Email: accessibilityservices@lethbridgecollege.ca</p>	<p>Extended time, ability to write in a quiet space, access word processors, reduced course load.</p>	<p>Wellness Services https://lethbridgecollege.ca/departments/wellness-services/lifeworks-counselling-services Tel: 403-320-3289 Email: counselling@lethbridgecollege.ca</p>

Additional Diabetes or Social Supports: There are various wellness activities hosted on campus and access to online, phone, in-person mental health supports available at this college. For more information, please visit <https://lethbridgecollege.ca/departments/wellness-services/health-and-wellness>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Lethbridge College Students' Association	CanadaLife	September 1st to August 31st
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 –

“Push for accommodations even if you think you won't need them, because you will be very grateful when you do. Also don't be afraid to actually use your accommodations.”



MacEwan University

Address of Main Campus

10700-104 Avenue
Edmonton, AB T5J 4S2
780-497-5040
www.macewan.ca

Closest Diabetes Program

Royal Alexandra Hospital
Diabetes Program
10240 Kingsway Avenue NW
Edmonton AB T5H 3V9
780-401-2665

Closest Endocrinologist

Royal Alexandra Hospital
10240 Kingsway Avenue NW
Edmonton AB T5H 3V9
780-401-2665

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Access and Disability Resources Fill out Disability Form and call or email to schedule an appointment with an advisor Tel: 780-497-5886 Email: myaccess@macewan.ca	Reduced course load, extended time, alternative space to write exam.	Mental Health Counselling https://www.macewan.ca/campus-life/mental-health/counselling/ Tel: 780-497-5063 Email: wps@macewan.ca

Additional Diabetes or Social Supports: There are Indigenous supports at the kihêw waciston Centre. There are also an range of social supports including athletic centre, peer health volunteers available at this university. For more information, please visit <https://www.macewan.ca/campus-life/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Students' Association of MacEwan University	CanadaLife	September 1st to August 31st
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$3,000.00	60 days

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

Tips from our Alumni –

“Really take some time to talk to your accessibility and health services or any first year mentor you may have (they may be able to connect to a service you might not know about necessarily) to learn about the benefits or supports for you available as a T1”



Medicine Hat College

Address of Main Campus

299 College Drive SE
Medicine Hat AB T1A 3Y6
1-866-282-8394
www.mhc.ab.ca

Closest Diabetes Program

River Heights Professional Centre
South Zone Diabetes Program
88 Valleyview Drive SW
Medicine Hat AB T1A 8N6
403-529-8969

Closest Endocrinologist

River Heights Professional Centre
88 Valleyview Drive SW
Medicine Hat AB T1A 8N6
403-529-8969

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility & Tutoring Services Call or email 3 months before school started to schedule an appointment with an advisor. Tel: 403-529-3824 Email: twatkins@mhc.ab.ca</p>	<p>Extended time, alternative space to write the exam and reduced course load.</p>	<p>Counselling and Care https://www.mhc.ab.ca/Services/CounsellingAndCare Tel: 403-529-3819 Email: counselling@mhc.ab.ca</p>

Additional Diabetes or Social Supports: There are wellness workshops available to students at this college. Please visit <https://www.mhc.ab.ca/Services/CounsellingAndCare/StudentCounselling/WellnessWorkshops>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Medicine Hat College Students' Association	The Campus Trust	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
30%	\$1,000	Length not specified (avoided if registered online)

Additional Information: "Plan also covers insulin, syringes, needles, lancets, and Diagnostic reagents specific to the diagnosis and monitoring of diabetes. Diabetic supplies (\$1,000 per student year)."

Tips from our Alumni –

"It's a really exciting time, you'll learn a lot about yourself and what works/doesn't work for your diabetes management."



Mount Royal University

Address of Main Campus
 4825 Mount Royal Gate SW
 Calgary AB T3E 6K6
 877-676-0686
www.mtroyal.ca

Closest Diabetes Program
 Richmond Road Diagnostic and Treatment Centre
 Diabetes Education Program
 1820 Richmond Road SW
 Calgary AB T2T 5C7
 403-955-8135

Closest Endocrinologist
 Richmond Road Diagnostic and Treatment Centre
 1820 Richmond Road SW
 Calgary AB T2T 5C7
 403-955-8135

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Access and Inclusion Services Fill out Accommodation Request form and call or email to schedule an appointment with an Access Advisor. Tel: 403-440-6868 Email: accessibility@mtroyal.ca</p>	<p>Contact the Advisor to know more about learning accommodations.</p>	<p>Student Counselling Services https://www.mtroyal.ca/CampusServices/WellnessServices/student-counselling-mental-health-services.htm Tel: 403-440-6362 Email: counselling@mtroyal.ca</p>

Additional Diabetes or Social Supports: The peer groups provide supports for students on campus. For more information, please visit <https://www.mtroyal.ca/AcademicSupport/ResourcesServices/AccessibilityServices/PeerGroups/index.htm>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Students' Association of Mount Royal University	CanadaLife	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$3000 and \$10 dispensing fee	45 days

Additional Information: "Prescription drug coverage is based on the National Formulary. Insurer pre-approval is recommended for Medical Equipment and Supplies (80% coverage of reasonable equipment physician prescribed.) At Wyckham Pharmacy the co-pay is 10% + \$9 fee. "

Tips from our Alumni –

"You will have a different schedule everyday so it is important to check your blood sugar every 2-3 hours and treat it."



NorQuest College

Address of Main Campus

10215 108 Street NW
Edmonton AB T5J 1L6
780-644-6000
www.norquest.ca

Closest Diabetes Program

Royal Alexandra Hospital
Diabetes Program
10240 Kingsway Avenue NW
Edmonton AB T5H 3V9
780-401-2665

Closest Endocrinologist

Royal Alexandra Hospital
10240 Kingsway Avenue NW
Edmonton AB T5H 3V9
780-401-2665

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Accessibility Services</u> Visit in person, call or email to schedule an appointment with a Student Support Specialist. Tel: 780-644-6130 Email: disabilityintake@norquest.ca</p>	<p>Extended time and alternative space to write the exam.</p>	<p>Mental Health Support https://www.norquest.ca/student-resources/health-and-wellness-supports/mental-health.aspx Tel: 780-644-6155 Email: wellness@norquest.ca</p>

Additional Diabetes or Social Supports: There are mental health workshops available to students at this college. For more information, please visit <https://www.norquest.ca/student-resources/health-and-wellness-supports/mental-health.aspx>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Students' Association of NorQuest College	CanadaLife	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
0%	\$1,500.00	45 days

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

Tips from our Alumni –

“Prioritize your mental health and create routine to make your diabetes management easier”



Northern Alberta Institute of Technology

Address of Main Campus

11762 106 Street
Edmonton AB T5G 2R1
780-471-6248
www.nait.ca

Closest Diabetes Program

Royal Alexandra Hospital
Diabetes Program
10240 Kingsway Avenue NW
Edmonton AB T5H 3V9
780-401-2665

Closest Endocrinologist

Royal Alexandra Hospital
10240 Kingsway Avenue NW
Edmonton AB T5H 3V9
780-401-2665

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Disability Services Contact Learning Services four to six months before starting classes with documented disability. Tel: 780-378-6135 Email: learningservices@nait.ca</p>	<p>Complete exam request form 5 days before the examination and reduced course load.</p>	<p>Counselling Services https://www.nait.ca/nait/life-at-nait/health-well-being/counselling-services Tel: 780-378-6133 Email: counselling@nait.ca</p>

Additional Diabetes or Social Supports: There are peer health volunteers available at this campus. For more information, please visit <https://www.nait.ca/nait/life-at-nait/health-well-being/mental-health-resources> or <https://nait.ca/service-hub/peer-support/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
NAIT Students' Association	CanadaLife	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$3,000.00	45 days

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

Tips from our Alumni –

“Take time to understand the patterns and changes with your diabetes management and university life.”



Olds College

Address of Main Campus

4500 50th Street
Olds AB T4H 1R6
403-556-8281
www.oldscollege.ca

Closest Diabetes Program

Red Deer Diabetes Education
Centre
4755 49 Street
Red Deer AB T4N 1T6
403-314-6997

Closest Endocrinologist

Red Deer Diabetes Education
Centre
4755 49 Street
Red Deer AB T4N 1T6
403-314-6997

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Call or email Accessibility Services to schedule an appointment with a Student Disability Advisor. Tel: 403-507-7945 Email: accessibility@oldscollege.ca</p>	<p>Extra time and ability to write in a quiet space.</p>	<p>Counselling Services https://www.oldscollege.ca/student-life/student-health-wellness/index.html Email: counsellor@oldscollege.ca</p>

Additional Diabetes or Social Supports: There are online resources available at this college. For more information, please visit <https://www.oldscollege.ca/student-life/student-health-wellness/index.html>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Students' Association of Olds College	CanadaLife	12 months (from the first day of the month your program begins)
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 –

“My life got easier when I started preparing more, by making sure I always had my supplies with me. That includes pump supplies, insulin, glucagon, snacks, and anything to treat lows.”



Red Deer Polytechnic

Address of Main Campus

100 College Boulevard
Red Deer AB T4N 5H5
403-342-3400
www.rdpolytech.ca

Closest Diabetes Program

Red Deer Diabetes Education
Centre
4755 49 Street
Red Deer AB T4N 1T6
403-314-6997

Closest Endocrinologist

Red Deer Diabetes Education
Centre
4755 49 Street
Red Deer AB T4N 1T6
403-314-6997

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Call or email to schedule an appointment with a Disability Resources Coordinator. Tel: 403-357-3629 Email: accessibility@rdpolytech.ca</p>	<p>Extended time, nutrition breaks, a quiet space to write the exam.</p>	<p>Counselling Services https://rdpolytech.ca/student-services/counselling-services/counselling-services Tel: 403-343-4064 Email: counselling@rdpolytech.ca</p>

Additional Diabetes or Social Supports: There are Indigenous Services and various resources to support students available at this campus. For more information, please visit <https://rdpolytech.ca/student-services/health-safety-and-wellness-centre/health-and-wellness-promotion/health-and-wellnes>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Students' Association of Red Deer Polytechnic	CanadaLife	September 1st to August 31st
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$3,000.00	45 days

Additional Information: Prescription drug coverage is based on the National Formulary. Your plan covers 80% to a maximum of \$150 during a 5 year period for blood glucose monitors.

Tips from our Alumni –

“Do your best to eat well! A poor diet might promote fatigue and can lead to developing bad habits.”



Robertson College

Address of Main Campus
 100 - 2912 Memorial Drive SE
 Calgary AB T2A 6R1
 403-920-0070
www.robertsoncollege.com

Closest Diabetes Program
 Richmond Road Diagnostic and
 Treatment Centre
 Diabetes Education Program
 1820 Richmond Road SW
 Calgary AB T2T 5C7
 403-955-8135

Closest Endocrinologist
 Richmond Road Diagnostic and
 Treatment Centre
 1820 Richmond Road SW
 Calgary AB T2T 5C7
 403-955-8135

On-Campus Services Available

- ✗ Campus Clinic
- ✗ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Centre for Teaching and Learning</u> Call or email to schedule an appointment with the Centre. Accommodations are available on a case-to-case basis. Tel: 204-957-6628 Email: teachingandlearning@robertsoncollege.ca</p>		N/A

Additional Diabetes or Social Supports: There are no diabetes or social supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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

Tips from our Alumni –

“You have to be your own advocate and remember that you know your body best. School nurses/doctors can make suggestions for you but this is your body and you’re handling the consequences of how it’s treated, so don’t let anyone force you to respond to your”



Southern Alberta Institute of Technology

Address of Main Campus

1301 16th Avenue NW
Calgary AB T2M 0L4
877-284-7248
www.sait.ca

Closest Diabetes Program

Richmond Road Diagnostic and Treatment Centre
Diabetes Education Program
1820 Richmond Road SW
Calgary AB T2T 5C7
403-955-8135

Closest Endocrinologist

Richmond Road Diagnostic and Treatment Centre
1820 Richmond Road SW
Calgary AB T2T 5C7
403-955-8135

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Contact Accessibility Services by phone or email at least six months before first day of the semester. Tel: 403-774-5093 Email: accessibility.services@sait.ca</p>	<p>Develop exam accommodations plan with Accessibility Services.</p>	<p>Counselling Services https://www.sait.ca/student-life/health-wellness-and-safety/student-development-and-counselling/counselling Tel: 403-284-7023</p>

Additional Diabetes or Social Supports: There are wellness and mental health checks as well as workshops available at this campus. For more information, please visit <https://www.sait.ca/student-life/health-wellness-and-safety/student-development-and-counselling/self-help-tools-and-resources>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
SAIT Students' Association	Campus Trust	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$3,000.00	Not specified

Additional Information: Prescription drug coverage is based on the National Formulary. Diabetic supplies such as insulin, syringes and needles, diagnostic reagents and lancets are covered up to \$1500 per year.

Tips from our Alumni –

“Be careful in the sun and when drinking as your blood sugar will probably drop and fluctuate.”



The King's University

Address of Main Campus

9125 50 Street
Edmonton AB T6B 2H3
780-465-3500
www.kingsu.ca

Closest Diabetes Program

Royal Alexandra Hospital
Diabetes Program
10240 Kingsway Avenue NW
Edmonton AB T5H 3V9
780-401-2665

Closest Endocrinologist

Royal Alexandra Hospital
10240 Kingsway Avenue NW
Edmonton AB T5H 3V9
780-401-2665

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Student Support and Accessibility Office</u> Fill out online Accommodation Request Form and call or email to schedule an appointment. Tel: 780-465-3500 Ext. 8037 Email: accessibility@kingsu.ca or kristin.lemke@kingsu.ca</p>		<p>Counselling Services https://www.kingsu.ca/services/student-counselling Tel: 780-465-3500 Email: sheldon.clerk@kingsu.ca</p>

Additional Diabetes or Social Supports: The Wellness Room offer peer health volunteer supports at this university. For more information, please visit <https://www.kingsu.ca/services/amenities/wellness-room>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
The King's University Students' Association	WeSpeakStudent	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
10% plus any dispensing fee in excess of \$10.00	\$3,000.00	Not Specified

Additional Information: Plan covers insulin injectibles and supplies, including syringes, needles, diagnostic test strips, glucometers, alcohol swabs, and lancets subject to a maximum of \$200 per insured policy year (pseudo din# 910333 must be used for all diabetic supplies).

Tips from our Alumni –

“Find ways to exercise, even if its for half an hour a day, it can make a world of difference in the long haul.”



The University of Lethbridge

Address of Main Campus

4401 University Drive
Lethbridge AB T1K 3M4
403-329-2111
www.ulethbridge.ca

Closest Diabetes Program

Lethbridge Centre
South Zone Diabetes Program
424 5th Street South
Lethbridge AB T1J 2B7
403-388-6675

Closest Endocrinologist

Lethbridge Centre
424 5th Street South
Lethbridge AB T1J 2B7
403-388-6675

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Accommodated Learning Centre</u> Call or email to schedule an appointment with an advisor. Tel: 403-329-2766 Email: alc@uleth.ca</p>	<p>Extra time (1.5x, 2x), ability to write in a quiet space.</p>	<p>Counselling Services https://www.ulethbridge.ca/ross/accommodated-learning-centre/wellness Tel: 403-317-2845 Email: counselling.services@uleth.ca</p>

Additional Diabetes or Social Supports: The Health Centre offer mental health screenings for students at this university. For more information, please visit <https://www.ulethbridge.ca/health-centre/mental-health-team-health-centre>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of Lethbridge Students' Union	Medavie Blue Cross	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
15%	\$3,000.00	Not specified

Additional Information: Plan covers diabetic supplies, including test strips and needles, and glucometers covered under Extended Health, other Medical coverage \$200 benefit per year. Using Direct 2U Prescription Delivery requires 15% co-pay.

Tips from our Alumni –

“Sometimes it's hard to get in proper meals between classes, or plans can change quickly (last-minute study groups, hangouts with friends, etc), so it's always great to be prepared.”



University of Alberta

Address of Main Campus

116 Street and 85 Avenue
Edmonton AB T6G 2R3
780-492-3111
www.ualberta.ca

Closest Diabetes Program

Royal Alexandra Hospital
Diabetes Education Program
10240 Kingsway Avenue NW
Edmonton AB T5H 3V9
780-401-2665

Closest Endocrinologist

Royal Alexandra Hospital
10240 Kingsway Avenue NW
Edmonton AB T5H 3V9
780-401-2665

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Accessibility Resources Call or email to schedule an appointment with an advisor. Tel: 780-492-3381 Email: arrec@ualberta.ca	Extended time and breaks.	Counselling & Clinical Services https://www.ualberta.ca/current-students/counselling/index.html Tel: 780-492-5205

Additional Diabetes or Social Supports: There are various mental health supports including the Peer Support Centre, the First Peoples' House and wellness supports available at this university. For more information, please visit <https://www.ualberta.ca/current-students/wellness/mental-health/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of Alberta Students' Union	GreenShield	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
25% plus any dispensing fee in excess of \$8.00	\$10,000.00	September 1st to October 31st

Additional Information: Plan covers insulin and diabetes supplies.

Tips from our Alumni –

“Try to surround yourself with a support system of friends you can rely on. Look for on campus support systems for type 1 diabetics.”



University of Calgary

Address of Main Campus

2500 University Drive NW
Calgary AB T2N 1N4
403-220-5110
www.ucalgary.ca

Closest Diabetes Program

Richmond Road Diagnostic and Treatment Centre
Diabetes Education Program
1820 Richmond Road SW
Calgary AB T2T 5C7
403-955-8135

Closest Endocrinologist

Richmond Road Diagnostic and Treatment Centre
1820 Richmond Road SW
Calgary AB T2T 5C7
403-955-8490

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Student Accessibility Services Complete Registration & Consent form and call or email to schedule an appointment with an Access Advisor. Tel: 403-210-6019 Email: access@ucalgary.ca</p>	<p>Extended time, nutrition breaks, a quiet space to write the exam.</p>	<p>Mental Health Services https://www.ucalgary.ca/wellness-services/services/mental-health-services Tel: 403-210-9355.</p>

Additional Diabetes or Social Supports: There are various peer and wellness supports including the Faith and Spirituality Centre, workshops, peer health volunteers available at this university. For more information, please visit <https://ucalgary.ca/wellness-services/services/mental-health-services>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of Calgary Students' Union	Canada Life Assurance Company	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$3,000.00	45 days

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

Tips from our Alumni –

“Find a friend or group of people you trust and can fall back on to talk about normal life things outside of school. It really helps to be able to communicate how you’re feeling!!”

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 enroll 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 19 to 64 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.
- Eye examinations for aged 0-18 and 65+
- 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 medical devices and pharmacy services. 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, continuous glucose monitors (CGMs), and insulin. Registered plan members (no age restriction) 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: <https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/who-we-cover>

For more information on insulin pumps and supplies please visit: <https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/medical-supplies-coverage/diabetes-supplies/insulin-pumps-insulin-pump-supplies>



Alexander College

Address of Main Campus

4805 Kingsway
Burnaby BC V5H 4T6
604-435-5815
www.alexandercollege.ca

Closest Diabetes Program

Burnaby Hospital
Outpatient Diabetes Health
Centre
3935 Kincaid Street
Burnaby BC V5G 2X6
604-412-6139

Closest Endocrinologist

Burnaby Hospital
Outpatient Diabetes Health Centre
3935 Kincaid Street
Burnaby BC V5G 2X6
604-412-6139

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Office of Student Affairs</u> Fill out Accommodations request form within three weeks of school term and email disability advisor Email: studentadvocacy@alexandercollege.ca</p>	<p>Extra time for exams, tests and quizzes, 1:1 tutoring, separate isolated space for exams. Considered on case by case basis.</p>	<p>Health and Wellness https://alexandercollege.ca/student-success/health-and-wellness/ Email: healthandwellness@alexandercollege.ca</p>

Additional Diabetes or Social Supports: Alexander College has a Peer Mentorship Program for incoming students. To find out more, <https://alexandercollege.ca/student-success/peer-mentorship/>.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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.”



Ashton College

Address of Main Campus
 1190 Melville Street, 3rd Floor
 Vancouver BC V6E 3W1
 604-899-0803
www.ashtoncollege.ca

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

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Student Services Call or email to book an appointment 4 weeks before school starts Tel: 604-899-0803 ext. 198 Email: studentservices@ashtoncollege.ca</p>	<p>Contact student services for more information.</p>	<p>Free2Talk https://here2talk.ca/main?_ga=2.184741097.1961152581.1658847128-2062766052.1658847128 Tel: 1-877-857-3397</p>

Additional Diabetes or Social Supports: There are no diabetes or social supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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.”



Brighton College

Address of Main Campus

305-4538 Kingsway
 Burnaby BC V5H 4T9
 604-430-5608
www.brightoncollege.com

Closest Diabetes Program

Burnaby Hospital
 Outpatient Diabetes Health Centre
 3935 Kincaid Street
 Burnaby BC V5G 2X6
 604-412-6139

Closest Endocrinologist

Burnaby Hospital
 Outpatient Diabetes Health Centre
 3935 Kincaid Street
 Burnaby BC V5G 2X6
 604-412-6139

On-Campus Services Available

- ✗ Campus Clinic
- ✗ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Student Services Call or email to book an appointment with an Educational Advisor Tel: 604-430-5608 Email: study@brightoncollege.com	Develop custom educational plan with Educational Advisor	N/A

Additional Diabetes or Social Supports: There are no diabetes or social supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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

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.”



Camosun College

Address of Main Campus

4461 Interurban Road
 Victoria BC V9E 2C1
 250-370-3000
www.camosun.ca

Closest Diabetes Program

Royal Jubilee Hospital
 Adult Diabetes Education Clinic
 1952 Bay Street
 Victoria BC V8R 1J8
 250-370-8322

Closest Endocrinologist

Royal Jubilee Hospital
 1952 Bay Street
 Victoria BC V8R 1J8
 250-370-8322

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Centre for Accessible Learning</u> Register online with medical documentation and submit online pre-intake form. You will be contacted via email to book an intake appointment. Tel: 250-370-4049 Email: accessible@camosun.ca</p>	<p>Extra time (1.25 or 1.5 x), separate writing space, breaks, adaptive software, adaptive hardware and accessible seating is available.</p>	<p>Health and Wellness https://camosun.ca/services/student-mental-health-and-wellbeing/student-mental-health Tel: 250-370-3189 Email: hilcheye@camosun.ca</p>

Additional Diabetes or Social Supports: There are no diabetes or social supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Camosun College Student Society	CanadaLife	Sept 1 – Aug 1 (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$3,000.00	60 days

Additional Information: Prescription coverage is based on BC Provincial Drug Formulary. Plan covers 80% to a maximum of \$150 of eligible expenses incurred during a 5 year period for blood glucose monitors when prescribed by a physician (pre-authorization required).

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.”



Canadian College

Address of Main Campus
 #200-1050 Alberni St.
 Vancouver BC V6E 1A3
 604-688-9366
www.canadiancollege.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
 604-87-5910

On-Campus Services Available

- ✗ Campus Clinic
- ✗ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✗ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
N/A		N/A

Additional Diabetes or Social Supports: There are no diabetes or social supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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.”



College of New Caledonia

Address of Main Campus
 3330 22 Avenue
 Prince George BC V2N 1P8
 1-800-371-8111
www.cnc.bc.ca

Closest Diabetes Program
 University Hospital of Northern BC
 Diabetes Clinic
 1475 Edmonton Street
 Prince George BC V2M 1S2
 250-565-2000

Closest Endocrinologist
 University Hospital of Northern BC
 1475 Edmonton Street
 Prince George BC V2M 1S2
 250-565-2000

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Call or email to schedule an appointment with an Accessibility Services Advisor 4 months before school starts. Tel: 250-561-5818 Email: access@cnc.bc.ca</p>	<p>Extended time and alternative location (request at least 4 weeks before scheduled exam/test)</p>	<p>Wellness Coaching and Counseling Program https://cnc.bc.ca/services/counselling Tel: 250-561-5818 Email: wellnesscoach@cnc.bc.ca</p>

Additional Diabetes or Social Supports: There is support for chronic disease management at this college through the Student Health and Wellness Program. For more information, please visit <https://cnc.bc.ca/services/prince-george/health-wellness>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
College of New Caledonia Students' Union	Green Shield Canada	Sept 1 - Aug 31 (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$3,500	Not specified

Additional Information: Coverage under Extended Health includes blood glucose meters, lancets, glucose monitoring systems (continuous and flash types).

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.”



College of the Rockies

Address of Main Campus
 2700 College Way, Box 8500
 Cranbrook BC V1C 5L7
 250-489-2751
www.cotr.bc.ca

Closest Diabetes Program
 Cranbrook Health Centre
 Diabetes Education Program
 20-23rd Avenue South
 Cranbrook BC V1C 5V1
 250-420-2200

Closest Endocrinologist
 Frank Ackermann
 East Kootenay Regional Hospital
 13 24th Ave N, Cranbrook, BC, V1C
 3H9, Canada
 250-426-5281

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Contact Accessibility Services by phone or email 3 months before school starts to schedule an appointment with Coordinator Tel: 250-489-8243 Email: studentservices@cotr.bc.ca</p>	<p>Contact exam@cotr.bc.ca to facilitate a variety of exam accommodations, including bringing in technology, wearing earplugs and writing exams online.</p>	<p>Counselling and Wellness https://cotr.bc.ca/student-services/student-support/counselling-and-wellness/ Tel: 250-489-8243 Email: studentservices@cotr.bc.ca</p>

Additional Diabetes or Social Supports: There is a Peer Mentorship Program at this college. To find out more, please visit <https://cotr.bc.ca/student-services/student-support/peer-mentorship/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
College of the Rockies Students' Association	Pacific Blue Cross	Sept 1 - Aug 31 (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
10%	No Maximum	September 1 to October 31st

Additional Information: Covers most insulin and diabetic supplies. Contact the insurance provider for more information.

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.”



Columbia College

Address of Main Campus

438 Terminal Avenue
Vancouver BC V6A 0C1
604-683-8360
www.columbiacollege.ca

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

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✗ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
N/A		Health and Wellness https://www.columbiacollege.ca/current-students/health-and-wellness/mental-health/ Tel: 1-844-451-9700 Email: sbaker@columbiacollege.ca

Additional Diabetes or Social Supports: There are no diabetes or social supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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

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.”



Douglas College

Address of Main Campus

700 Royal Avenue
New Westminster BC V3M 5Z5
604-527-5400
www.douglascollege.ca

Closest Diabetes Program

New Westminster Diabetes Health
Centre
234 Ross Drive
New Westminster BC V3L 0B1
604-523-8800

Closest Endocrinologist

234 Ross Drive
New Westminster BC V3L 0B1
604-523-8800

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Accessibility Services Call or email to schedule an in-person or Zoom appointment with Accessibility Services Tel: 604-527-5486 Email: stuserv@douglascollege.ca	Alternate text format, extended time, separate room with reduced distractions, and use of technology.	Student Support - Counselling https://www.douglascollege.ca/student-services/student-support/counselling Tel: 604-527-5486 Email: stuserv@douglascollege.ca

Additional Diabetes or Social Supports: There are wellness resources to support students on campus, for more information, please visit <https://www.douglascollege.ca/student-services/student-life/healthy-campus/wellness-resources-and-activities>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Douglas Students' Union	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$2,000.00	45 days

Additional Information: 100% of diabetic supplies are covered (glucose 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.”



Emily Carr University of Art and Design

Address of Main Campus

520 East 1st Avenue
Vancouver, BC V5T 0H2
604-844-3800
www.ecuad.ca

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

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Fill out accommodation request form and schedule an appointment with the Accessibility Services Coordinator Tel: 604-844-3081 Email: accessibility@ecuad.ca</p>	<p>Contact the Accessibility Services office to learn more about exam accommodations.</p>	<p>Counselling Services https://www.ecuad.ca/student-life/student-services/counselling Tel: 1-877-857-3397 Email: counselling@ecuad.ca</p>

Additional Diabetes or Social Supports: There is a Disability & Neuro-Divergent Artist Collective at Emily Carr. This is a weekly virtual hangout space. For more information, please visit <https://ecudisabilitycollective.weeblysite.com/>.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Emily Carr Students' Union	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$2,000.00	8 Weeks (September- October)

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 glucose monitoring systems (GMS).

Tips from our Alumni –

“Always pack backups for the backups

Be prepared for anything to go wrong (ie. new site changes, antiseptic wipes, insulin, needles, insulin pumps)”



Kwantlen Polytechnic University

Address of Main Campus

12666 72 Avenue
Surrey BC V3W 2M8
604-599-2000
www.kpu.ca

Closest Diabetes Program

iConnect Health Centre - Diabetes
Education
15455 Vine Avenue
White Rock BC, V4B 2T3
604-541-7162

Closest Endocrinologist

Dr. P. Kang
216-7110 120th Street
Surrey BC, V3W 3M8
604-590-7121

On-Campus Services Available

- ✘ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Accessibility Services Register on Advisor Connect and book online or call to schedule an appointment with Accessibility Services Tel: 604-599-2828 Email: access@kpu.ca	Extended time, spell/grammar check, access to technology and scheduled breaks.	Counselling Services https://www.kpu.ca/counselling Tel: 604-599-2828 Email: counsellor@kpu.ca

Additional Diabetes or Social Supports: There is a Peer Wellness program at Kwantlen. For more information, please visit <https://www.kpu.ca/peerwellness>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Kwantlen Student Association	CanadaLife	12 months (starting with the first day of the month your program begins)
Co-Pay	Maximum Coverage/Year	Blackout Period
10%	\$3,000.00	60 days

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.”



Langara University

Address of Main Campus

100 West 49th Avenue
Vancouver BC V5Y 2Z6
604-323-5511
www.langara.ca

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

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Fill out an Accessibility Services Application Form and make an appointment with Accessibility Services Tel: 604-323-5509 Email: accessibilityservices@langara.ca</p>	<p>Extra time, separate test setting, and use of technology. Book exam accommodations through student portal.</p>	<p>Counselling https://langara.ca/student-services/counselling/index.html Tel: 604-323-5221 Email: counselling@langara.ca</p>

Additional Diabetes or Social Supports: There is a Mental Health Ambassador program at Langara. For more information, please visit <https://langara.ca/student-services/mental-health-ambassadors/becoming-a-mental-health-ambassador.html>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Langara Students' Union	Pacific Blue Cross	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
10%	No Maximum	September 1 to October 31st

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.”



Coast Mountain College

Address of Main Campus
 5331 McConnell Avenue
 Terrace BC V8G 4X2
 250-635-6511
www.coastmountaincollege.ca

Closest Diabetes Program
 Park Avenue Medical Clinic
 Healthy Terrace Program
 400-4634 Park Avenue
 Terrace BC V8G 1V7
 250-615-5040

Closest Endocrinologist
 Park Avenue Medical Clinic
 Healthy Terrace Program
 400-4634 Park Avenue
 Terrace BC V8G 1V7
 250-615-5040

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Call or email to schedule an appointment with Accessibility Services Coordinator. Tel: 250-638-5496 Email: ksinkewicz@coastmountaincollege.ca</p>	<p>Extra time, separate test setting, preferred seating and use of technology.</p>	<p>Mental Wellness & Counselling https://www.coastmountaincollege.ca/student-services/health-wellness/mental-wellness-counselling Tel: 250-641-7266 (call or text) Email: leah@chatawaycounselling.ca</p>

Additional Diabetes or Social Supports: There are no diabetes or social supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Coast Mountain Students' Union	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$2,000	Not Specified

Additional Information: Plan covers insulin and all other approved injectables, as well as related supplies such as diabetic syringes, needles, and testing agents. Coverage under Extended Health include blood glucose meters, lancets, glucose monitoring systems (GMS).

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.”



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 Diabetes Education
 Centre - Dawson Creek Health Unit
 Address: 1001 – 110 Avenue,
 Dawson Creek, BC V1G 4X3
 250-719-6500

Closest Endocrinologist
 Dawson Creek Diabetes Education
 Centre - Dawson Creek Health Unit
 Address: 1001 – 110 Avenue,
 Dawson Creek, BC V1G 4X3
 250-719-6500

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Access Services Fill out Intake Form and call or email to schedule an appointment with an Access Services Coordinator Tel: 250-784-7502 Email: accessservices@nlc.bc.ca</p>	<p>Extended time and access to quiet room.</p>	<p>Student Health and Wellness https://www.nlc.bc.ca/wellbeing</p>

Additional Diabetes or Social Supports: There are no diabetes or social supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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

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.”



Okanagan College – Kelowna Campus

Address of Main Campus

1000 K. L. O. Road
Kelowna BC V1Y 4X8
250-762-5445
www.okanagan.bc.ca

Closest Diabetes Program

Kelowna General Hospital
Diabetes Education Program
2268 Pandosy Street
Kelowna BC V1Y 1T2
250-862-4000

Closest Endocrinologist

Kelowna General Hospital
2268 Pandosy Street
Kelowna BC V1Y 1T2
250-862-4000

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Complete online Accessibility Services Intake Form and upload medical documentation. An Accessibility Coordinator will contact you to book an appointment. Tel: 250-862-5451 Email: accessibility@okanagan.bc.ca</p>	<p>Accommodations are granted based on students' needs and the recommendations in their medical documentation.</p>	<p>Counselling Services https://www.okanagan.bc.ca/counseling-services Tel: Email: counselling@okanagan.bc.ca</p>

Additional Diabetes or Social Supports: There are no diabetes or social supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Okanagan College Students' Union	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$2,000.00	6-8 weeks

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. \$150 ever 5 years for a blood glucose meter. Under Extended Health, the program covers lance.

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.”



Royal Roads University

Address of Main Campus

2005 Sooke Road
Victoria BC V9B 5Y2
250-391-2511
www.royalroads.ca

Closest Diabetes Program

Royal Jubilee Hospital
Adult Diabetes Education Clinic
1952 Bay Street
Victoria BC V8R 1J8
250-370-8322

Closest Endocrinologist

Royal Jubilee Hospital
1952 Bay Street
Victoria BC V8R 1J8
250-370-8322

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Book an appointment online and submit completed medical accommodations form. Tel: 250-391-2600 ext. 4216 Email: AccessibilityServices@RoyalRoads.ca</p>	<p>Additional time to complete exams, distraction reduced testing environment, breaks and exams in alternate format</p>	<p>Counselling & Learning Strategy https://www.royalroads.ca/student-counselling Tel: 250-391-2600 ext. 4515 Email: https://www.royalroads.ca/contact/counselling_services</p>

Additional Diabetes or Social Supports: There are no diabetes or social supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Royal Roads University Student Association	Pacific Blue Cross	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
30% and \$8 dispensing fee per prescription	Unlimited	September 1 to October 31st

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.”



Selkirk College

Address of Main Campus

301 Frank Beinder Way
 Castlegar BC V1N 4L3
 250-365-7292
www.selkirk.ca

Closest Diabetes Program

Castlegar and District Community Health Centre
 Diabetes Education Program
 709 10th Street
 Castlegar BC V1N 2H7
 250-365-7711

Closest Endocrinologist

Castlegar and District Community Health Centre
 Diabetes Education Program
 709 10th Street
 Castlegar BC V1N 2H7
 250-365-7711

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Accessibility Services for Students with Disabilities</u> Complete Document of a Disability and schedule an appointment by phone or email with Welcome Centre Tel: 250-304-6501 ext. 21501 Email: welcomecentre@selkirk.ca</p>	<p>Develop exam accommodations plan with Accessibility Coordinator. An Exam Booking form needs to be submitted online 10 days before test/exam.</p>	<p>Counselling Services https://selkirk.ca/services/student-support-services/counselling-services Tel: 250-304-6501 ext. 21501 Email: welcomecentre@selkirk.ca</p>

Additional Diabetes or Social Supports: There are no diabetes or social supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Selkirk College Students' Union	Green Shield Canada	12 months starting in the month you start your program
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$2,000.00	September 1 to October 31st

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. Under Extended Health covers lancets and blood glucose meters, glucose monitor.

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.”



Simon Fraser University

Address of Main Campus

8888 University Drive
Burnaby BC V5A 1S6
778-782-3111
www.sfu.ca

Closest Diabetes Program

Burnaby Hospital
Diabetes Health Centre
3935 Kincaid Street, 5th Floor
Burnaby BC V5G 2X6
604-412-6139

Closest Endocrinologist

Burnaby Hospital
3935 Kincaid Street
Burnaby BC V5G 2X6
604-875-5577

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Centre for Accessible Learning Register online, Verification of Disability Form and book an appointment with Disability Advisor. Tel: 778-782-3112 Email: caladmin@sfu.ca</p>	<p>Exam accommodations are determined individually with Disability Advisor. Accommodated exams need to be booked online 10 days before test/exam.</p>	<p>Health & Counselling https://www.sfu.ca/students/health.html Tel: 778-782-4615</p>

Additional Diabetes or Social Supports: There are no diabetes or social supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Simon Fraser Student Society	Pacific Blue Cross	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	No Maximum	September 1 to October 31st

Additional Information: Plan covers most insulin and diabetic supplies. No other specifics given. Prescription drug coverage is based on the BC Provincial Formulary.

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

789 W Pender Street
Suite 200
Vancouver BC V6H 1H2
604-337-1281
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

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Admissions</u> Contact the school to inquire. Accommodations are available on a case-by-case basis. Tel: 1-855-622-3729</p>		<p>Student Support Program https://sprottshaw.com/students-and-alumni/my-ssp/ Tel: 1-855-649-8641</p>

Additional Diabetes or Social Supports: There are no diabetes or social supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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

Tips from our Alumni –

*“It is good to tell people around you that you are close with that you have diabetes and always have something on you in case of emergencies!
Make sure those around you, including friends and students are aware of your specific situation.”*



Thompson Rivers University

Address of Main Campus

805 TRU Way
Kamloops BC V2C 0C8
250-828-5000
www.tru.ca

Closest Diabetes Program

Royal Inland Hospital
Diabetes Education Program
311 Columbia Street
Kamloops BC V2C 2T1
250-374-5111

Closest Endocrinologist

Kelowna General Hospital
2251 Pandosy Street
Kelowna BC V1Y 1T1
250-862-4398

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Call or email 3 months prior to start of classes to schedule an appointment with an Accessibility Services Advisor Tel: 250-828-5023 Email: as@tru.ca</p>	<p>Exam accommodations arranged with Accessibility Advisor. Accommodated exams are booked online anytime for tests/quizzes, final exams need to be booked 3 weeks before exams.</p>	<p>Counselling Services https://www.tru.ca/current/wellness/counselling.html Tel: 250-828-5023 Email: studentservices@tru.ca</p>

Additional Diabetes or Social Supports: There are an extensive range of peer support services at Thompson Rivers University. For more information, please visit <https://www.tru.ca/current/student-life/mentorship-and-leadership.html>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
TRU Students' Union	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
0%	\$3,000.00	Not specified

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. Under Extended Health covers lancets, one insulin pump per lifetime, glucose meters for \$150 every 5 policy years, glucose monitoring systems.

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.”



Trinity Western University

Address of Main Campus

22500 University Drive
Langley BC V2Y 1Y1
604-888-7511
www.twu.ca

Closest Diabetes Program

Langley Memorial Hospital
Outpatient Diabetes Health Centre
22051 Fraser Highway
Langley BC V4A 4H4
604-533-6407

Closest Endocrinologist

Dr. H. Choi
Gateway Health and Wellness
Centre
203-2051 McCallum Road
Abbotsford BC V2S 3N5
604-855-0677

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Centre for Accessible Learning Fill out Disability Information Form and call or email set up an appointment with the Director of Learning Commons and Accessible Learning. Tel: 604-513-2121 Email: accessibility@twu.ca</p>	<p>Extended time, use of technology, and distraction reduced exam setting at Exam Centre.</p>	<p>Mental Health Services https://www.twu.ca/wellness-centre/counselling-centre Tel: 604-513-2100</p>

Additional Diabetes or Social Supports: There is a faith-based peer support program available at this university. For more information, please visit <https://www.twu.ca/student-leadership>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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 –

“Figure out how your body reacts to certain foods and situations so that you know how to adjust your insulin accordingly.

Use the available resources to their fullest potential! ”



University of British Columbia

Address of Main Campus

2329 West Mall
Vancouver BC V6T 1Z4
604-822-2211
www.ubc.ca

Closest Diabetes Program

Vancouver General Hospital
Diabetes Clinic
2775 Laurel Street
Vancouver BC V5Z 1M9
604-875-5910

Closest Endocrinologist

Vancouver General Hospital
Diabetes Clinic
2775 Laurel Street
Vancouver BC V5Z 1M9
604-875-5910

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Centre for Accessibility</u> Gather medical documentation and fill out Centre for Accessibility Online Information Form. Tel: 604-822-5844 Email: info.accessibility@ubc.ca</p>	<p>Exam accommodations are determined individually with Accessibility Services. Accommodated exams need to be booked online 1 week before tests/quizzes/exams.</p>	<p>Counselling Services https://students.ubc.ca/health/counselling-services Tel: 604-822-3811</p>

Additional Diabetes or Social Supports: Social events, clubs and sporting events can be found on the UBC site. For more information, please visit <https://www.ubc.ca/campus-life/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Alma Mater Society of UBC	Pacific Blue Cross	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	No Maximum	September 1 to October 31st

Additional Information: Plan covers most insulin and diabetic supplies.

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.”



University of the Fraser Valley

Address of Main Campus

33844 King Road
Abbotsford BC V2S 7M8
604-504-7441
www.ufv.ca

Closest Diabetes Program

Abbotsford Regional Hospital
Outpatient Diabetes Health Centre
32900 Marshall Road
Abbotsford BC V2S 0C2
604-851-4700 ext. 646238

Closest Endocrinologist

Dr. H. Choi
Gateway Health and Wellness
Centre
203-2051 McCallum Road
Abbotsford BC V2S 3N5
604-855-0677

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Centre for Accessibility Services</u> Complete online pre-intake form. Once submitted, you will be contacted to schedule an appointment with an Advisor. Tel: 604-504-7441 ext. 4609 Email: rebecca.wassef@ufv.ca</p>	<p>Accommodated exams are written at the CAS Exam Centre. Exam requests need to be submitted 7 days before tests/exams/quizzes.</p>	<p>Counselling https://www.ufv.ca/counselling/ Tel: 604-854-4528 (press 2, then 3) Email: ssfrontdesk@ufv.ca</p>

Additional Diabetes or Social Supports: There is a peer support programs at this university. For more information, please visit <https://ufvsus.ca/health-wellness>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Student Union Society of the University of Fraser Valley	Desjardins Insurance	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	No Maximum	September 1 to October 31st

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.”



University of Northern British Columbia

Address of Main Campus
 3333 University Way
 Prince George BC V2N 4Z9
 250-960-5555
www.unbc.ca

Closest Diabetes Program
 University Hospital of Northern BC
 Diabetes Clinic
 1475 Edmonton Street
 Prince George BC V2M 1S2
 250-565-2000

Closest Endocrinologist
 University Hospital of Northern BC
 1475 Edmonton Street
 Prince George BC V2M 1S2
 250-565-2000

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Access Resource Centre Register with online intake form and submit medical documentation. After submission, you will be contacted by an advisor to book an appointment. Tel: 250-960-5682 Email: arc@unbc.ca</p>	<p>Accommodated exams are written at the ARC Centre. Exam requests need to be submitted 5 days before exams.</p>	<p>Counselling Services https://www2.unbc.ca/counselling Tel: 250-960-6369</p>

Additional Diabetes or Social Supports: There are 60+ student led cultural and interest groups at this university. The full list of organizations can be found here: <https://www.nugss.ca/slo-list>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Northern Undergraduate Student Society	Pacific Blue Cross	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
15%	\$10,000 after a \$15 deductible per benefit year	September 1 to October 31st

Additional Information: Prescription drug coverage based on the BC formulary. Plan covers insulin and diabetic supplies.

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
250-721-8121
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

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Centre for Accessible Learning Complete online pre-intake form, submit consent form and medical documentation, then book an appointment with CAL Advisor. Tel: 250-472-4947 Email: calfrontdesk@uvic.ca</p>	<p>CAL Exam Centre can accommodate online, extra time, face-to-face and supervised tests/exams. Exams need to be booked online before your tests/exams.</p>	<p>Student Wellness https://www.uvic.ca/student-wellness/ Tel: 250-721-8563</p>

Additional Diabetes or Social Supports: There are a range of mental health, art & culture, athletic & recreation programs, student led clubs and peer support programs at this university. For more information, please visit <https://www.uvic.ca/undergraduate/housing-student-life/student-life/index.php#ipn-clubs-organizations>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of Victoria Students' Society	Pacific Blue Cross	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$10	No Maximum	September 1 to October 31st

Additional Information: Prescription drug coverage based on the BC Fair PharmaCare formulary. Plan covers insulin and diabetic supplies.

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.”



Vancouver Community College

Address of Main Campus

1155 East Broadway
Vancouver BC V5T 4V5
1-866-565-7820
www.vcc.ca

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

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Disability Services Call or email to schedule an appointment with an advisor. Tel: 604-871-7000, option 2 Email: disabilityservices@vcc.ca	Extended time and access to quiet room	Counselling Services https://www.vcc.ca/services/services-for-students/counselling/ Tel: 604-871-7000, option 2

Additional Diabetes or Social Supports: There are no diabetes or social supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Students' Union of Vancouver Community College	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$2,000.00	Not specified

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. Under Extended Health covers lancets, blood glucose meters, glucose monitoring

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.”



Vancouver Institute of Media Arts

Address of Main Campus

333 Terminal Avenue, Suite 700
 Vancouver BC V6A 4C1
 604-682-2787
 www.vanarts.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

- ✗ Campus Clinic
- ✗ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✗ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
No Accessibility Services available at this institution		N/A

Additional Diabetes or Social Supports: There are no student support services at this college

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Complete Verification Disability Form and Online Intake Form. Apply 6 to 8 weeks prior to start date of courses. Tel: 250-740-6446 Email: accessibilityservices@viu.ca</p>	<p>Accommodated exams are written in the VIU Exam Centre. Mid term and quizzes need to be booked 5 days before. Final exams have posted deadlines for submission.</p>	<p>Counselling Services https://services.viu.ca/counselling/ Tel: 740-740-6416</p>

Additional Diabetes or Social Supports: There is a peer supported learning program available at this university. For more information, please visit <https://services.viu.ca/peer-supported-learning>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Vancouver Island University Students' Union	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$2,000.00	45 days

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. Under Extended Health covers lancets, blood glucose meters, glucose monitoring systems (GMS)

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.”



Visual College of Art and Design (VCAD)

Address of Main Campus
 626 Pender Street West
 Unit 500
 Vancouver BC V6B 1V9
 1-800-290-2414
www.vcad.ca

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

- ✗ Campus Clinic
- ✗ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✗ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
No Accessibility Services available at this institution.		N/A

Additional Diabetes or Social Supports: There are no student support services at this college

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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.”



MANITOBA

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

Eligibility

To be eligible for Manitoba Health, a person must:

- Be a Canadian citizen or Indigenous person;
- 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)
 - Convention Refugee
- 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 Manitoba Health. 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

Manitoba Health 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 eye examinations
- Chiropractic treatments as a result of a motor vehicle accident covered by Manitoba Public Insurance

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), Seniors and Active Living 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/)

Manitoba Adult Insulin Pump Coverage Program

The Manitoba Adult Insulin Pump Coverage Program (MAIPCP) provides will cover one approved insulin pump every 5 years as long as the individual meets the eligibility criteria. Insulin pump supplies, such as tubing and reservoirs, are not covered under the MAIPCP.

Insulin pump supplies, along with other consumable diabetes supplies, such as blood glucose test strips and advanced glucose monitors, may be eligible benefits under another federal or provincial program such as, Manitoba's Pharmacare Program.

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

- be a Manitoban with an active Manitoba Health Registration number;
- be at least 18 years of age;
- be diagnosed with type 1 diabetes;
- be recommended for insulin pump therapy by an endocrinologist or a physician providing diabetes management care to the individual;
- is currently safely using an insulin pump, or is capable of safely using an insulin pump to assist with managing their blood glucose levels;
- have not received an insulin pump under a Manitoba government funded program within the last 5 years; and
- do not have coverage under a federal program

For information on Manitoba Adult Insulin Pump Coverage Program (MAIPCP), please visit <https://www.gov.mb.ca/health/mhsip/healthcoverage.html#ancillary-ten>.



Assiniboine Community College

Address of Main Campus

1430 Victoria Avenue East, Brandon
MB R7A 2A9
204-725-8700
www.assiniboine.net

Closest Diabetes Program

Chronic Disease Education Program
Unit A5-800 Rosser Avenue
Brandon MB R7A 6A5
204-578-2500

Closest Endocrinologist

Dr. E. Salamon
425 St. Mary Avenue
Winnipeg MB R3C 0N2
204-957-3202

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Accessibility & Disability Call or email to speak with the Student Accessibility Coordinator and schedule an appointment. Tel: 204-725-8700 ext 6052 Email: ads@assiniboine.net	Access to assistive technology, access to alternative formats, a quiet space to write and breaks during the test	N/A

Additional Diabetes or Social Supports: There are disability and mental health related student clubs on campus. The I.M WELL is a free counselling program for all students at this college. For more information, please visit <https://accstudents.com/imwell/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Assiniboine Community College Students' Association	Medavie Blue Cross	September 1st – August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
100% coverage plus any dispensing fee in excess of \$7.00	\$3,000.00	Not Specified

Additional Information: Plan covers diabetic equipment \$200/benefit year including test strips and needles. Under Extended health glucometers may be covered. Note that 100% coverage for generic drugs with \$7 fee at preferred pharmacies Direct2U, MedSafe (Brandon only), Super Thrifty (Dauphin only).

Tips from our Alumni –

“Always ask the cafeteria staff about nutrition information. They can sometimes be very helpful with ingredients (for instance, if things have gluten in them and if they are safe for those with Celiac disease). Supplement your diet with “outside food” if you are living/eating on campus. A lot of campus food is nutritionally lacking unfortunately, so supplementing your diet with a variety of healthy options is key to managing diabetes with a balanced diet!”



Brandon University

Address of Main Campus

270 18th Street
 Brandon MB R7A 6A9
 204-728-9520
www.brandonu.ca

Closest Diabetes Program

Chronic Disease Education Program
 Unit A5-800 Rosser Avenue
 Brandon MB R7A 6A5
 204-578-2500

Closest Endocrinologist

Dr. E. Salamon
 425 St. Mary Avenue
 Winnipeg MB R3C 0N2
 204-957-3202

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Student Accessibility Services Complete Medical Questionnaire and call or email to schedule an appointment with an Accessibility Services Coordinator. Tel: 204-727-9759 Email: studentaccessibility@brandonu.ca</p>	<p>Access to assistive technology, access to alternative formats, a quiet space to write</p>	<p>Counselling Services https://www.brandonu.ca/personal-counselling/ Tel: 204-727-9737 Email: sawatzkydycks@brandonu.ca or harrism@brandonu.ca</p>

Additional Diabetes or Social Supports: There is a peer wellness educator volunteering program, which includes student-led events on wellness topics at this university. For more information, please visit <https://www.brandonu.ca/personal-counselling/wellness-peer-educator-volunteers/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Brandon University Student Union	Medavie Blue Cross	September 1st – August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
100% coverage plus any dispensing fee in excess of \$7.00	\$5,000	Not Specified

Additional Information: Plan covers diabetic equipment \$200/benefit year including Diabetic Supplies (test strips & needles) - glucometers may be covered under your Extended Health coverage. Note that 100% coverage for generic drugs with \$7 fee at preferred pharmacies Direct2U, MedSafe (Brandon only).

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.”



Canadian Mennonite University

Address of Main Campus
 500 Shaftesbury Boulevard
 Winnipeg MB R3P 2N2
 204-487-3300
www.cmu.ca

Closest Diabetes Program
 Health Sciences Centre Winnipeg
 Diabetes Education Centre
 GA2 248-820 Sherbrook Street
 Winnipeg MB R3A 1R9
 204-787-2870

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

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Call or email to schedule an appointment with the Coordinator of Accessibility Programs. Tel: 204-487-3300 ext. 340 Email: sloppky@cmu.ca</p>	<p>Develop an accommodations plan with accessibility services.</p>	<p>Counselling Services https://www.cmu.ca/students/studentlife/counselling Tel: 204-487-3300 x303 Email: counselling@cmu.ca</p>

Additional Diabetes or Social Supports: There are faith based leaders available at this university. For more information, please visit <https://www.cmu.ca/students/studentlife/wellness>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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!”

“Try to keep diabetes supplies in one bag to keep things organized. Bring more juice and snacks than needed because sometimes you will need them!”



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
GA2 248-820 Sherbrook Street
Winnipeg MB R3A 1R9
204-787-2870

Closest Endocrinologist

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

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Student Support Services Students are dealt with on a case-by-case basis. Call or email to speak with the Student Services Advisor and schedule an appointment. Tel: 204-775-8175 Email: studentresources@herzing.ca</p>	<p>Develop an accommodations plan with accessibility services.</p>	

Additional Diabetes or Social Supports: There are no social or diabetes supports at this college

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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!”



Manitoba Institute of Trades and Technology

Address of Main Campus

130 Henlow Bay
Winnipeg MB R3Y 1G4
204-989-6500
www.mitt.ca

Closest Diabetes Program

Victoria General Hospital
Diabetes Education Clinic
2340 Pembina Highway
Winnipeg MB R3T 2E8
204-269-3570

Closest Endocrinologist

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

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Complete the regular MITT program application and admission process OR request that your sponsor contact the MITT Accessibility Services Advisor to coordinate the application process. Tel: 204-989-6512 Email: studentservices@mitt.ca</p>	<p>Develop an accommodations plan with accessibility services.</p>	<p>Counselling Services https://mitt.ca/student-services Tel: 204-989-6512 Email: studentservices@mitt.ca.</p>

Additional Diabetes or Social Supports: There is an extensive list of wellness supports at this campus. For more information, please visit <https://mitt.ca/student-services/mental-health-support>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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
GA2 248-820 Sherbrook Street
Winnipeg MB R3A 1R9
204-787-2870

Closest Endocrinologist

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

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Visit in person or call/email to schedule an appointment with an advisor. Tel: 204-632-3966 Email: accessibility@rrc.ca</p>	<p>Access assistive technology, access to alternative formats, note taking supports, a quiet space to write.</p>	<p>Health Services https://www.rrc.ca/health/ Tel: 204-632-2238 Email: HealthServices@rrc.ca</p>

Additional Diabetes or Social Supports: There are online resources and supports at this college. For more information, please visit <https://www.rrc.ca/well-being/mental-wellness/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Red River College Students' Association (RRCSA)	Canada Life Assurance	12 months (from first day of school program)
Co-Pay	Maximum Coverage/Year	Blackout Period
10%	\$5,000.00	45 days

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, submit a Drug Exception Request Form.

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

Address of Main Campus

180 Main Street
Winnipeg, MB
Canada R3C1A6
204-943-5661
www.robertsoncollege.com

Closest Diabetes Program

Health Sciences Centre Winnipeg
Diabetes Education Centre
GA2 248-820 Sherbrook Street
Winnipeg MB R3A 1R9
204-787-2870

Closest Endocrinologist

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

On-Campus Services Available

- ✗ Campus Clinic
- ✗ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Accessibility and Accommodations</u> Call or email to schedule an appointment with an advisor. Accommodations are available on a case-by-case basis. Tel: 204-957-6628 Email: teachingandlearning@robertsoncollege.ca</p>		N/A

Additional Diabetes or Social Supports: There are no social or diabetes supports at this college

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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.”



St. Paul's College

Address of Main Campus

70 Dysart Road
Winnipeg MB R3T 2M6
204-474-8575
www.umanitoba.ca/stpauls

Closest Diabetes Program

Victoria General Hospital
Diabetes Education Clinic
2340 Pembina Highway
Winnipeg MB R3T 2E8
204-269-3570

Closest Endocrinologist

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

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Student Accessibility Services Complete Disability Assessment form and call/email to schedule an appointment with an advisor. Tel: 204-474-7423 Email: student_accessibility@umanitoba.ca</p>	<p>Access to assistive technology, access to alternative formats, a quiet space to write</p>	<p>Counselling Services https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc/individual-and-couples Tel: 204-474-8592</p>

Additional Diabetes or Social Supports: There are spiritual supports at this college. For more information, please visit <https://www.umanitoba.ca/student-supports/spiritual-services>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
UMSU (University of Manitoba Students' Union)	Blue Cross Life Insurance	September 1st – August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$10.00	\$10,000	8 weeks (September 1st - October 31st)

Additional Information: Plan covers medications listed in the Manitoba Pharmacare Formulary.

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!”



University College of the North

Address of Main Campus

436-7 Street East
The Pas MB R9A 1M7
1-866-627-8500
www.ucn.ca

Closest Diabetes Program

The Pas Health Complex
67 1st Street West
The Pas MB R9A 1K4
204-623-6431

Closest Endocrinologist

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

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Accessibility at UCN Call or email to schedule an appointment with an Accessibility Services Coordinator. Tel: 204-627-8243 Email: accessibility@ucn.ca	Extended time, access assistive technology, access to alternative formats, note taking supports, access to quiet room.	Counselling Services https://ucn.ca/counsellors/ Tel: 204-627-8804 Email: lgeorge@ucn.ca

Additional Diabetes or Social Supports: There are no social or diabetes supports at this college

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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.”



University of Manitoba

Address of Main Campus

66 Chancellors Circle
Winnipeg MB R3T 2N2
1-800-432-1960
www.umanitoba.ca

Closest Diabetes Program

Victoria General Hospital
Diabetes Education Clinic
2340 Pembina Highway
Winnipeg MB R3T 2E8
204-269-3570

Closest Endocrinologist

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

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Student Accessibility Services (SAS) Complete the Disability Assessment Form and call/email to schedule an appointment with an Accessibility Advisor. Tel: 204-474-7423 Email: student_accessibility@umanitoba.ca</p>	<p>Access to assistive technology, access to alternative formats, access to quiet room</p>	<p>Counselling Services https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc/individual-and-couples Tel: 204-474-8592</p>

Additional Diabetes or Social Supports: Spiritual supports and leaders at this college include weekly wisdoms meetings for students. For more information, please visit <https://www.umanitoba.ca/student-supports/spiritual-services>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of Manitoba Students' Union	Blue Cross Life Insurance	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$10.00	\$10,000	8 weeks (September 1st to October 31st)

Additional Information: Plan covers medications listed in the Manitoba Pharmacare Formulary.

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.”



Université de Saint-Boniface

Address of Main Campus

200 Cathedrale Avenue
Winnipeg MB R2H 0H7
204-237-1818
www.ustboniface.ca

Closest Diabetes Program

Health Sciences Centre Winnipeg
Diabetes Education Centre
GA2 248-820 Sherbrook Street
Winnipeg MB R3A 1R9
204-787-2870

Closest Endocrinologist

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

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Service d'accessibilité aux études Fill out Accessibility and Accommodation for Students with Disabilities Form and call/email to schedule an appointment with Accessibility Coordinator. Tel: 204-237-1818 ext. 314 Email: jogagnon@ustboniface.ca</p>	<p>Access assistive technology, access to alternative formats, note taking supports.</p>	

Additional Diabetes or Social Supports: The faith based supports at this university. For more information, please visit <https://ustboniface.ca/en/spiritual-life>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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

Tips from our Alumni –

“ Always have something "sweet/a partial meal" to treat a low, never leave the house without it, because a transit journey can be 10 mins to 2 hours and cross over meal times unexpectedly (ie delays, route change, bus cancels)”



University of Winnipeg

Address of Main Campus

515 Portage Avenue
Winnipeg MB R3B 2E9
204-786-7811
www.uwinnipeg.ca

Closest Diabetes Program

Health Sciences Centre
Diabetes Education Centre
820 Sherbrook Street
Winnipeg MB R3A 1R9
204-787-2870

Closest Endocrinologist

Dr. V. Woo
Winnipeg Clinic- Endocrinology
425 St Mary Ave
Winnipeg, MB R3C 0N2
204-957-3218

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Accessibility Services (AS) and Deaf & Hard of Hearing Service</u> Call or email to schedule an appointment with an Accessibility Advisor. Tel: 204-786-9771 Email: accessibility@uwinnipeg.ca</p>	<p>Extended time, access assistive technology, access to alternative formats, note taking supports.</p>	<p>Counselling Services https://www.uwinnipeg.ca/student-wellness/counselling.html Tel: 204-258-3809 Email: studentwellness@uwinnipeg.ca</p>

Additional Diabetes or Social Supports: There are wellness peer educators and volunteers at this university to support students. For more information, please visit <https://www.uwinnipeg.ca/student-wellness/health-wellness-peer-educators.html>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
The University of Winnipeg Students' Association	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% (up to \$2,500.00) 0% (on the next \$500.00)	\$3,000	Occurs in first 2 weeks of classes every semester.

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.

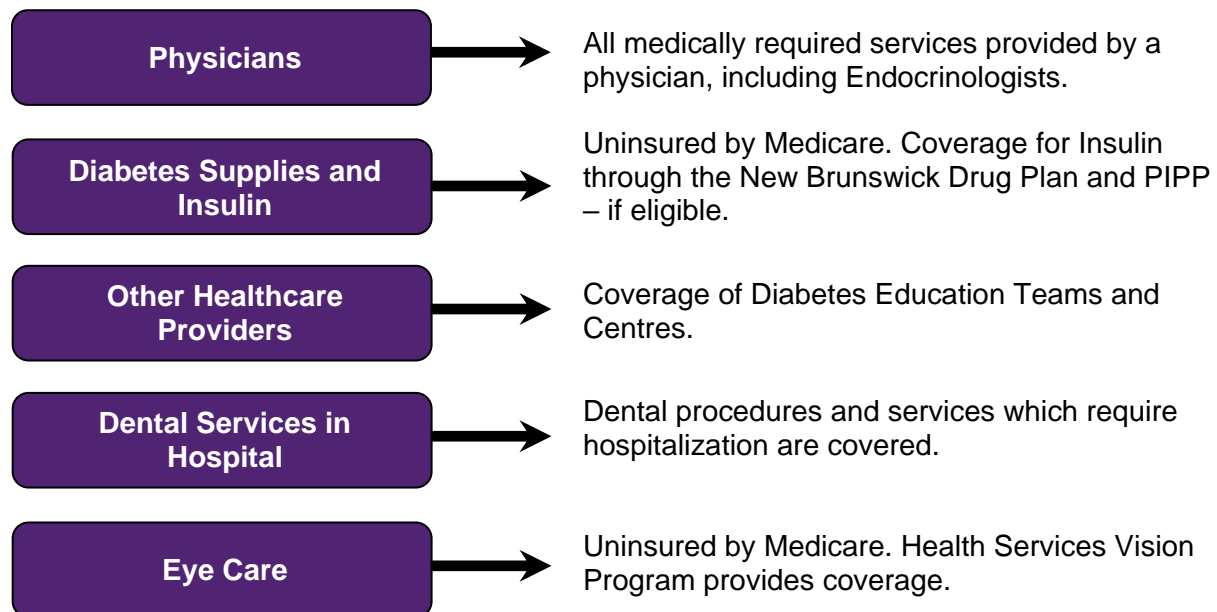
New Brunswick Medicare and Drug Plans

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



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
- Physiotherapy, occupational therapy, speech therapy audiology and radiotherapy

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
- Eyeglasses, frames or contact lenses, as well as refractions for prescription eyeglasses
- 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.

Insulin Pump Program (IPP)

The New Brunswick Insulin Pump Program (IPP) supports New Brunswickers living with Type 1 diabetes who are medically eligible for insulin pump therapy. The program seeks to assist individuals in obtaining fair and affordable access to a range of insulin pump devices and the basic operating supplies. The client/family is responsible for a portion of the equipment and supplies based on income. The calculation for the client/family contribution considers information such as household income, family size and the selected device.

New Brunswickers 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 Number.
- Must already be 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.

Eligible New Brunswickers, who wish to use insulin pump therapy, must meet the medical criteria and complete a IPP Approval Authority Form together with their physician specialist. Only devices included in the Approved Vendor List are eligible for support.

For eligibility information please visit:

<https://www2.gnb.ca/content/gnb/en/departments/health/patientinformation/PrimaryHealthCare/A-Comprehensive-Diabetes-Strategy-for-New-Brunswickers/IPP-Manual.html>

For more information please visit:

<https://www2.gnb.ca/content/gnb/en/departments/health/patientinformation/PrimaryHealthCare/A-Comprehensive-Diabetes-Strategy-for-New-Brunswickers/TheNewBrunswickInsulinPumpProgram-IPP.html> or call 1-855-655-5525.



Maritime College of Forest Technology

Address of Main Campus

1350 Regent Street
 Fredericton NB E3C 2G6
 506-458-0199
www.mcft.ca

Closest Diabetes Program

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

Closest Endocrinologist

Dr. Gary Constain
 Saint John Regional Hospital
 400 University Ave
 St. John, NB E2L 4L2
 506-648-6694

On-Campus Services Available

- ✗ Campus Clinic
- ✗ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Student Services Call or email to set up an appointment with the College Administrator. Tel: 506-458-0653 Email: sweatherby@mcft.ca		N/A

Additional Diabetes or Social Supports: There are no social or diabetes supports at this college

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

Additional Information: There is no insurance plan available at this institution. Inquire about access to Direct2U Virtual Pharmacy available to students.

Tips from our Alumni –

“Make the most out of your university experience by joining all the groups/activities that interest you. There are so many fun resources available to you at university!”



Mount Allison University

Address of Main Campus

62 York Street
Sackville NB E4L 1E4
506-364-2269
www.mta.ca

Closest Diabetes Program

Sackville Memorial Hospital
Diabetes Education Clinic
8 Main Street
Sackville NB E4L 4A3
506-364-4100

Closest Endocrinologist

Dr. Georges-L Dumont
Regional Hospital
330 University Avenue
Moncton NB E1C 2Z3
506-862-4188

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>The Meighen Centre Call or email to schedule an appointment with Meighen Centre staff to assess accessibility accommodations. Tel: 506-364-2641 Email: accessibility@mta.ca</p>	<p>Extra time during exams, ability to write in a quiet space, access to spell checker and reduced course load during the year.</p>	<p>Mental health services https://mta.ca/current-students/health-and-wellness/mental-health-and-wellness/mental-health-services Tel: 506-364-2163 Email: wellness@mta.ca</p>

Additional Diabetes or Social Supports: There are community resources for mental health available at this university. For more information, please visit <https://mta.ca/current-students/health-and-wellness/mental-health-and-wellness/mental-health-services>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Mount Allison Students' Union	The Campus Trust	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$4,000	Not Specified

Additional Information: Plan covers insulin, syringes, needles, lancets, and diagnostic reagents specific to the diagnosis and monitoring of diabetes. Under medical equipment; Diabetic Supplies covered for \$1,500 per year.

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
 506-375-5900

Closest Endocrinologist
 Upper River Valley Hospital
 Diabetes Education
 11300 Route 130
 Waterville NB E7P 0A4
 506-375-5900

On-Campus Services Available

- ✘ Campus Clinic
- ✘ Mental Health Support Services
- ✘ Social Support for Students with Diabetes
- ✘ Accessibility Accommodations
- ✘ Health Insurance Plan
- ✘ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Call or email the Admissions department directly to set up an appointment Tel: 506-375-9000 Ext. 247 Email:		N/A

Additional Diabetes or Social Supports: There are no social or diabetes supports at this college

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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.”



New Brunswick Community College

Address of Main Campus

26 Duffie Drive
Fredericton NB E3B 0R6
506-460-6222
www.nbcc.ca

Closest Diabetes Program

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

Closest Endocrinologist

Dr. Gary Constain
Saint John Regional Hospital
400 University Ave
St. John, NB E2L 4L2
506- 648-6694

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Academic Coaching and Learner Services</u> Complete Self-Identify Form and call or email to schedule an appointment with a Learning Strategist. Tel: 1-888-796-6222 Email: learnerservices@nbcc.ca</p>	<p>Extended time, a quiet space to write exams, access to a reader/scribe.</p>	<p>Counselling and Career Services https://nbcc.ca/student-services/counselling-career-services Email: counsellors@nbcc.ca</p>

Additional Diabetes or Social Supports: There Indigenous student services for academic and social supports available at this college. For more information, please visit <https://nbcc.ca/indigenous/student-support>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
NBCC Student Union	MyStudentPlan	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
30%	\$3,000.00	45 days

Additional Information: The plan uses the National Drug Formulary to determine coverage of eligible drugs.

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.”



St. Thomas University

Address of Main Campus

51 Dineen Drive
 Fredericton NB E3B 5G3
 506-452-0640
www.stu.ca

Closest Diabetes Program

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

Closest Endocrinologist

Dr. Gary Constain
 Saint John Regional Hospital
 400 University Ave
 St. John, NB E2L 4L2
 506-648-6694

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Accessibility Services Call or email to schedule an appointment with a student accessibility advisor. Tel: 506-453-7216 Email: accessibility@stu.ca	Develop exam accommodations plan with Accessibility advisor. Access to assistive technology and note taking services.	Mental Health and Wellness https://www.stu.ca/mentalhealth/ Email: mentalhealth@stu.ca

Additional Diabetes or Social Supports: There are a range of mental health services at this university. For more information, please visit <https://www.stu.ca/mentalhealth/self-care/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
STUSU (St. Thomas University Student Union)	The Campus Trust	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
\$7.50 per prescription	\$1,000	Not Specified

Additional Information: Plan covers insulin, syringes, needles, lancets, and diagnostic reagents specific to the diagnosis and monitoring of diabetes. Diabetic supplies coverage \$1,500 per student year. 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 –

“Wearing a medical bracelet or necklace is a good discreet way to make sure that your diabetes is known in an emergency, especially if you are surrounded by strangers.”



Université de Moncton

Address of Main Campus
 18 Antonine-Maillet Avenue
 Moncton NB E1A 3E9
 506-858-4000
www.umoncton.ca/umcm

Closest Diabetes Program
 Dr. Georges-L.-Dumont University
 Hospital Centre, Diabetes Clinic
 330 Université Avenue
 Moncton NB E1C 2Z3
 506-862-4188

Closest Endocrinologist
 The Moncton Hospital,
 135 MacBeath Avenue
 Moncton NB E1C 6Z8
 506-857-5111

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Learning Access and Support Services</u> Pick up form in person and call or email to set up an appointment with an advisor. Tel: 506-858-3794 Email: service.acces.umcm@umoncton.ca</p>	<p>Complete exam request form a few week before the examinations.</p>	<p>Health and Psychology services https://www.umoncton.ca/umcm-santepsychologie/node/29 Tel: 506 858-4007 Email: psychology@umoncton.ca</p>

Additional Diabetes or Social Supports: There are online resources at this university. For more information, please visit <https://www.umoncton.ca/umcm-santepsychologie/node/35>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
FEECUM (La Fédération des étudiantes et étudiants du Campus universitaire de Moncton)	Medavie Blue Cross	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
10%-20%	\$5,000	Not Specified

Additional Information: Plan covers 100% for diabetes equipment up to \$70 per lifetime. Drug plan available at 10% at a Costco pharmacy and 20% at any other pharmacy up to \$5,000/year. For more information please visit: <https://feecumassurance.ca/mes-benefices.html>

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.”



University of New Brunswick Saint John

Address of Main Campus

100 Tucker Park Road
 Saint John NB E2L 4L5
 506-648-5500
www.unb.ca

Closest Diabetes Program

Saint John Regional Hospital
 400 University Ave
 Saint John NB E2L 4L2
 506-648-6000

Closest Endocrinologist

Saint John Regional Hospital
 400 University Ave
 Saint John NB E2L 4L2
 506-648-6000

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>UNB Saint John Accessibility Centre</u> Call or email Accessibility Counsellor to schedule an appointment. Tel: 506-648-5690 Email: kcrafft@unb.ca</p>	<p>Develop exam accommodations plan with Accessibility Counsellor.</p>	<p>Health and Counselling https://www.unb.ca/saintjohn/student-services/health/index.html Email: catherine.paulin@unb.ca</p>

Additional Diabetes or Social Supports: Various Clubs and Societies can be found on the UNB site. For more information, please visit <https://www.unbsrc.ca/clubs>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of New Brunswick Student Union	WeSpeakStudent	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$8.00 (\$20.00 annual deductible)	\$5,000.00	Not Specified

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, insulin supplies under pseudo din #910333.

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

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

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

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>UNB Fredericton Student Accessibility Centre</u> Complete Physical/Chronic Health and Intake from website and call or email to schedule an appointment with an advisor. Tel: 506-453-3515 Email: unbsac@unb.ca</p>	<p>Develop exam accommodations plan with Accessibility advisor.</p>	<p>Counselling services https://www.unb.ca/fredericton/student-services/counselling-services/ Tel: 506-453-4820 Email: counsel@unb.ca</p>

Additional Diabetes or Social Supports: There are 120+ interest clubs, societies and student led clubs at this university. For more information, please visit <https://www.unbsu.ca/special-interest>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of New Brunswick Student Union	WeSpeakStudent	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$8.00 (\$20.00 annual deductible)	\$5,000.00	Not Specified

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, insulin supplies under pseudo din #910333.

Tips from our Alumni –

“Using a pedometer or step tracking app 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.”

8

**NEWFOUNDLAND
AND LABRADOR**

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, Special Assistance Program (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 (SAP) – 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.

For more information, please visit:

<https://www.gov.nl.ca/hcs/personsdisabilities/fundingprograms-hcs/>.

Newfoundland and Labrador Insulin Pump Program (NLIPP)

The Newfoundland and Labrador Insulin Pump Program (NLIPP) is available to Newfoundland and Labrador residents of all ages who meet medical and financial eligibility criteria. Coverage for the cost of pumps and supplies varies from person to person based on income testing.

This plan includes one insulin pump every 5 years supplies including infusion sets, cartridge/reservoirs and pods 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:

- have been diagnosed with type 1 Diabetes Mellitus (T1DM);
- be a resident of Newfoundland and Labrador;
- have a valid medical care plan (MCP) card;
- meet medical eligibility criteria; and
- if 18 years of age or older, meet the requirements for financial assistance through an income testing criteria.

For more information please visit: <https://www.easternhealth.ca/find-health-care/nlipp/>.



College of the North Atlantic

Address of Main Campus

432 Massachusetts Drive
 Stephenville NL A2N 2Z6
 709-643-7838
www.cna.nl.ca

Closest Diabetes Program

Sir Thomas Roddick Hospital
 Diabetes Education Centre
 142 Minnesota Drive Stephenville
 NL A2N 2V6
 709-643-5111 ext. 7279

Closest Endocrinologist

Western Memorial
 Regional Hospital 1 Brookfield
 Avenue Corner Brook NL A2H 6J7
 709-637-5000 ext. 5401, 5402

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Accessibility Services Call or email Paula Gillis to schedule an appointment with a Disability Coordinator. Tel: 709-643-7793 Email: paula.gillis@cna.nl.ca	Extra time, assistive technology such as exam reader or scribe.	Counselling Services https://www.cna.nl.ca/MyCNA/Personal-Support/Counselling-Services.aspx Tel: 709-643-7733 Email: allison.lomond@cna.nl.ca

Additional Diabetes or Social Supports: There is a peer supported conversation program available at this college. For more information, please visit <https://www.cna.nl.ca/mycna/culture-and-conversation>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
College of the North Atlantic Students' Association	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$2,000	May incur (Period not specified)

Additional Information: Coverage includes insulin and all other approved injectables, diabetic syringes, needles, and testing agents. Extended Health services coverage includes Diabetic equipment, such as: blood glucose meters, lancets and glucose monitoring systems (GMS)

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.”



College of the North Atlantic Carbonear

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

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Email Carbonear (under Placentia) Campus to schedule an appointment with a Disability Coordinator. Tel: 709-227-6273 Email: dodie.blanche@cna.nl.ca</p>	<p>Extra time, assistive technology such as exam reader or scribe.</p>	<p>Counselling Services https://www.cna.nl.ca/MyCNA/Personal-Support/Counselling-Services.aspx Tel: 709-596-8926 Email: sandy.maher@cna.nl.ca</p>

Additional Diabetes or Social Supports: The Culture and Conversation program is student focused, it is available to international and domestic students at this college. For more information, please visit <https://www.cna.nl.ca/mycna/culture-and-conversation>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
College of the North Atlantic Students' Association	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$2,000	(Period not specified)

Additional Information: Coverage includes insulin and all other approved injectables, diabetic syringes, needles, and testing agents. Extended Health services coverage includes Diabetic equipment, such as: blood glucose meters, lancets and glucose monitoring systems (GMS)

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.”



College of the North Atlantic- Grandfalls-Windsor

Address of Main Campus

5 Cromer Avenue
Grand Falls
Windsor NL A2A 1X3
709-292-5600
www.cna.nl.ca

Closest Diabetes Program

Central Newfoundland Regional
Health Centre
Diabetes Care Program
50 Union Street
Grand Falls - Windsor NL A2A 2E1
709-292-2437

Closest Endocrinologist

Central Newfoundland Regional
Health Centre
Diabetes Care Program
50 Union Street
Grand Falls - Windsor NL A2A 2E1
709-292-2437

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Accessibility Services</u> Call Ivan Ledrew at Grand Falls-Windsor Campus or email to speak with an Accessibility Services Coordinator Tel: 709-292-5658 Email: ivan.ledrew@cna.nl.ca</p>	<p>Extra time, assistive technology such as exam reader or scribe.</p>	<p><u>Counselling Services</u> https://www.cna.nl.ca/MyCNA/Personal-Support/Counselling-Services.aspx Tel: 709-292-5624 Email: frank.williams@cna.nl.ca</p>

Additional Diabetes or Social Supports: There is a student centered and peer conversation program available at this college. For more information, please visit <https://www.cna.nl.ca/mycna/culture-and-conversation>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
College of the North Atlantic Students' Association	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$2,000	May incur (Period not specified)

Additional Information: Coverage includes insulin and all other approved injectables, diabetic syringes, needles, and testing agents. Extended Health services coverage includes Diabetic equipment, such as: blood glucose meters, lancets and glucose monitoring systems (GMS)

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.”



Memorial University

Address of Main Campus

230 Elizabeth Avenue
St John's NL A1C 5S7
709-864-8896
www.mun.ca

Closest Diabetes Program

St John's Health Sciences Centre
Diabetes Education and
Dietitian Services
300 Prince Phillip Drive
St. John's NL A1B 3V6
709-777-6300

Closest Endocrinologist

St John's Health Sciences Centre
300 Prince Phillip Drive
St. John's NL A1B 3V6
709-777-4626

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>The Blundon Centre Email physician documentation and call or email to request an appointment with the Accessibility Manager, Jason Geary. Tel: 709-864-4031 Email: blundon@mun.ca or jgeary@mun.ca</p>	<p>Extra time, assistive technology such as exam reader or scribe, and ability to write exams in a quiet space.</p>	<p>Student Wellness and Counselling Centre https://www.mun.ca/studentwellness/supports-services-and-resources/counselling-services/ Tel: 709-864-8500 Email: swccwellness@mun.ca</p>

Additional Diabetes or Social Supports: There are wellness supports and programs available at this university. For more information, please visit <https://www.mun.ca/studentwellness/supports-services-and-resources/wellness-and-wellbeing/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Memorial University of Newfoundland Students' Union	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
30%	\$2,000	Period not specified

Additional Information: Plan covers insulin and insulin injectables. Insulin pumps are covered to a maximum of \$1000.00 every 5 years. Glucose monitors (\$150 every 5 years) 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.

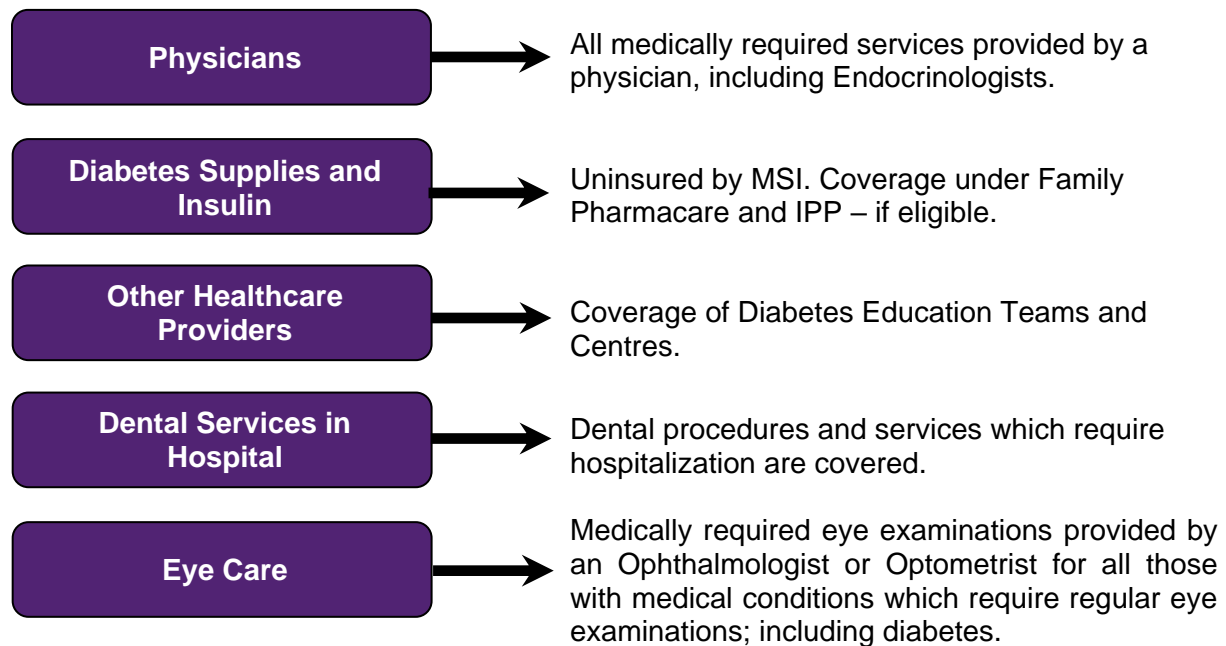
Nova Scotia Medical Insurance Service

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



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.)
- Medical supplies (except for some prosthetic equipment)
- Accidental death or dismemberment
- Out of country out-patient services

Other Benefits and Services

Family Pharmacare

The Nova Scotia Family Pharmacare Program is a provincial drug insurance plan designed to help Nova Scotians with the cost of their prescription drugs. The Program offers protection against drug costs for families who have no drug coverage or if the cost of the prescription drugs becomes a financial burden to them. The Program is available to all Nova Scotians with a valid Nova Scotia Health Card.

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:

<https://novascotia.ca/dhw/pharmacare/family-pharmacare.asp> or call 1-800-563-8880.

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 (NSIPP) provides Nova Scotians living with diabetes with access to treatment options, insulin pumps and pump supplies. To be eligible for the Nova Scotia Insulin Pump Program (NSIPP), you will need to be assessed by a specialized diabetes health care team and to meet specific medical eligibility criteria (see next page for details).

The program is based on family income, and family size. Families with lower incomes will receive the most help through our program. This is to ensure we can help the people who can least afford to pay. To find out if you may be eligible for funding and to calculate your estimated copayment, check out our financial eligibility calculator: <https://novascotia.ca/dhw/nsipp/NSIPP-calculator.asp>.

Medical Criteria and Confirmation of Eligibility

- Type 1 diabetes diagnosed for at least 4-6 months
- Assessed by NSIPP Diabetes Centre (DC) team
- Attended pump education session – for initial application only
- 2 or more DC visits in the last 12 months
- 1 or more A1C result in the last 12 months excluding result at diagnosis Record A1C goal
- Self-monitors glucose 4 or more times per day or uses continuous glucose monitoring (CGM) with at least 70% active time
- No more than 2 diabetic ketoacidosis / hyperosmolar hyperglycemic state (DKA/HHS) episodes in the last 12 months OR If greater than 2 DKA/HHS episodes in the last 12 months, root cause addressed or pump therapy deemed most appropriate

The NSIPP does not cover insulin; oral medication; blood glucose meters, test strips, and lancets; ketone test strips (urine or blood); continuous glucose monitoring systems; batteries; or the cost of lost or stolen pumps or supplies.

For more information please visit: <http://novascotia.ca/dhw/nsipp/> or call 1-855-306-6360.



Acadia University

Address of Main Campus

15 University Avenue
Wolfville NS B4P 2R6
902-542-2201
www.acadiau.ca

Closest Diabetes Program

Valley Regional Hospital
Diabetes Education Centre
150 Exhibition Street
Kentville NS B4N 5E3
902-679-1849

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

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessible Learning Services Call or email to schedule an intake meeting with Accessibility Resource Facilitator Tel: 902-585-1823 Email: accessible.learning@acadiau.ca</p>	<p>Extra time (1.5x, 2x), breaks, use of technology, limit number of exams in a day and in a week, alternate format and private/semi private room</p>	<p>Counselling Centre https://www2.acadiau.ca/student-life/health-wellness/mental-health.html Tel: 902-585-1246 Email: counselling@acadiau.ca</p>

Additional Diabetes or Social Supports: There are various clubs and societies to support students at this university. For more information, please visit <https://www.theasu.ca/asu-campuslife>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Acadia Students' Union	The Campus Trust	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
10-30% and \$10 dispensing fee	\$3,250	Not specified

Additional Information: Plan covers diabetic supplies such as test strips and needles, glucometers may be covered under Extended health at \$200 benefit per year. Note 10% at Direct 2U and Pharmasave and 30% at other pharmacies.

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
 1-833-567-3240
<https://www.ccg-gcc.gc.ca/college/index-eng.html>

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

On-Campus Services Available

- ✘ Campus Clinic
- ✘ Mental Health Support Services
- ✘ Social Support for Students with Diabetes
- ✘ Accessibility Accommodations
- ✘ Health Insurance Plan
- ✘ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
There are no accessibility accommodations at this institution.		N/A

Additional Diabetes or Social Supports: There are no social or diabetes supports available at this college

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

Additional Information: There is no insurance plan available at this institution. Contact the school to learn more about some medical and dental coverage.

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.”



Cape Breton University

Address of Main Campus

1250 Grand Lake Road
Sydney NS B1M 1A2
1-888-959-9995
www.cbu.ca

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

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Jennifer Keeping Centre for Accessible Learning</u> Call or email accessibility to schedule an appointment. Accommodations need to be requested at the beginning of each semester. Tel: 902-563-1208 Email: jkc@cbu.ca</p>	<p>Alternative Scheduling, alternative test formats, extended testing period, and use of technology</p>	<p>Nancy Dingwall Health and Counselling Centre https://www.cbu.ca/current-students/student-services/health-wellness/health-services-nancy-dingwall-health-centre/ Tel: 902-563-1359 Email: healthservices@cbu.ca</p>

Additional Diabetes or Social Supports: There are Indigenous support programs for students at the Mi'kmaq Resource Centre. There are also a range of campus social supports including athletic clubs, outdoor recreation programs and creative arts initiatives. To find out more, please visit <https://www.cbu.ca/future-students/campus-life-recreation/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Cape Breton University Students' Union	The Campus Trust	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$3,000	None

Additional Information: Plan covers diabetic supplies including insulin, syringes and needles, lancets, and diagnostic reagents for the diagnosis and monitoring of diabetes and are covered up to \$1500 per year.

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.”



Dalhousie University

Address of Main Campus

6299 South Street
Halifax NS B3H 4R2
902-494-2211
www.dal.ca

Closest Diabetes Program

QEII Health Sciences Centre
Endocrinology Clinic
7 North VG Site
1276 South Park Street
Halifax NS B3H 2Y9
902-473-3728

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

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Student Accessibility Centre</u> Submit online Request for Accommodation form, submit documentation and request for an in-person/virtual appointment with Accessibility Centre Tel: 902-494-2836 Email: access@dal.ca</p>	<p>Alternate testing conditions, alternate formatting, deferred exams or deadline extensions</p>	<p>Mental Health Services https://www.dal.ca/campus_life/health-and-wellness/my-health/mental-health.html Tel: 902-494-2171</p>

Additional Diabetes or Social Supports: Communities on Campus offers a range of social supports including clubs & societies, equity interest seeking groups and faith-based communities. To find out more, please visit https://www.dal.ca/campus_life/communities.html

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Dalhousie Student Union	Medavie Blue Cross	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
0%- 20% depending on which pharmacy you use and dispensing fee of \$6	\$5,000	Not specified

Additional Information: Extended Health Care coverage is available and includes Diabetic Supplies (Test strips & needles), Glucometers for \$200 per Plan Year, Medical Equipment & Supplies for \$500 per benefit year

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.”



Gaelic College

Address of Main Campus

51779 Cabot Trail
 St. Ann's NS B0E 1B0
 902-295-3411
www.gaeliccollege.edu

Closest Diabetes Program

Northside General Hospital
 Diabetes Education Centre
 520 Purves Street
 North Sydney NS B2A 3M4
 902-794-5404

Closest Endocrinologist

Dr. D. Zwicker
 Cape Breton Regional Hospital
 1482 George Street
 Sydney NS B1P 1P3
 902-567-8127

On-Campus Services Available

- ✗ Campus Clinic
- ✗ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Student Services Call or email to set up an appointment with a student services advisor. Tel: 902-295-3411 Email: school@gaeliccollege.edu		N/A

Additional Diabetes or Social Supports: There are no social or diabetes supports available at this college

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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.”



Mount Saint Vincent University

Address of Main Campus

166 Bedford Highway
Halifax NS B3M 2J6
902-457-6788
www.msvu.ca

Closest Diabetes Program

Mumford Road Professional Centre
Diabetes Management Centre
6960 Mumford Road
Halifax NS B3L 4P1
902-454-1600

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

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Complete Client Profile Registration Form online to register with Accessibility Services Tel: 902-457-6567 Email: accessibilityservices@msvu.ca</p>	<p>Develop individualized plan for tests and exams with Accessibility Advisor. A Test Accommodations Request Form needs to be filled out.</p>	<p>Counselling Services https://www.msvu.ca/campus-life/health-wellness-services/counselling-services/ Tel: 902-457-6567 Email: counselling@msvu.ca</p>

Additional Diabetes or Social Supports: There are no social or diabetes supports available at this college

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Mount Saint Vincent University Students' Union	The Campus Trust	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
30% and dispensing fee max of \$8.99	\$2,000	Yes, but length not specified *Avoid blackout by Registering online

Additional Information: Diabetic supplies are covered up to \$1,500 per year such as insulin, syringes, needles, lancets and diagnostic reagents specific to monitoring of diabetes.

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.”



Nova Scotia College of Art and Design

Address of Main Campus

5163 Duke Street
Halifax NS B3J 3J6
902-444-9600
www.nscad.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
902-473-3728

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Book an appointment online at the Accessibility Office with Jennifer Abrahamson. Tel: 902-450-4307 Email: accessibility@nscad.ca</p>	<p>Additional time and reduced distraction locations for writing tests and exams</p>	<p>Mental Health and Wellness https://nscad.ca/current-students/student-resources/mental-health-and-wellness/ Tel: 902-717-6708 Email: jabrahamson@nscad.ca</p>

Additional Diabetes or Social Supports: There are peer mentor workshops available at this college through the Health and Wellness Centre. To find out more about their holistic student support services, please visit <https://nscad.ca/current-students/belong/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Student Union of NSCAD University	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$2,000	4-6 weeks

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

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Complete Student Intake form and submit via email to register with Accessibility Services Tel: 902-943-3747 Email: accessibility.services@nsc.ca</p>	<p>Extra time for tests (1.5 x), use of assistive technology and accommodations at testing centre.</p>	<p>Wellness and Counselling Services https://www.nsc.ca/study-at-nsc/student-supports/wellness-counselling-services/index.asp Email: https://nsc.sharepoint.com/services/Pages/Student-counselling,-health-and-wellness-overview.aspx</p>

Additional Diabetes or Social Supports: There are no social or diabetes supports available at this college

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Nova Scotia Community College	CanadaLife	12 months (from first day of school program)
Co-Pay	Maximum Coverage/Year	Blackout Period
30%	\$3,000	45 days

Additional Information: No other details are available

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.”



St. Francis Xavier University

Address of Main Campus

4130 University Avenue
Antigonish NS B2G 2W5
902-863-3300
www.stfx.ca

Closest Diabetes Program

St. Martha's Regional Hospital
Diabetes Education Centre
23 Bay Street
Antigonish NS B2G 2G5
902-867-4500 ext. 4249

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

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Tramble Centre for Accessible Learning</u></p> <p>Visit in person, call or email to schedule an appointment with and advisor.</p> <p>Tel: 902-867-5349</p> <p>Email: tramble@stfx.ca</p>	<p>Students receive extra time in an alternate setting, and the use of assistive technology depending on the documentation on file</p>	<p>Health and Counselling Centre</p> <p>https://www.mystfx.ca/health-and-counselling/</p> <p>Tel: 902-867-2263</p> <p>Email: mmckinno@stfx.ca</p>

Additional Diabetes or Social Supports: Extensive list of clubs at this university. For more information, please visit <https://www.stfx.ca/student-life/clubs-and-societies>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
The St. Francis Xavier Students' Union	CanadaLife	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% and dispensing fee of \$8	\$3,000	45 days

Additional Information: Blood glucose monitor covered up to a maximum \$500 per student year, and insulin pumps, maximum \$500 per lifetime.

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.”



St. 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

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Fred Smithers Centre of Support for Students with Disabilities</u> Complete online application form and submit medical documentation. You will be contacted via email for an Intake Meeting. Tel: 902-420-5452 or 902-420-5449 Email: fredsmithers.centre@smu.ca</p>	<p>Individualized plans are made with Accessibility Advisor. Online text/exam forms need to be filled out 2 weeks before test/exam dates.</p>	<p>The Counselling Centre https://www.smu.ca/student-life/the-counselling-centre.html Tel: 902-420-5615 Email: counselling@smu.ca</p>

Additional Diabetes or Social Supports: There is a Peer Mentorship program at this university with a range of social groups available for students to get involved and connect with the community. For more information, please visit <https://www.smu.ca/student-life/gettinginvolved/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Saint Mary's University Students' Association	Medavie Blue Cross	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
0-20%, depending on which pharmacy you use	\$5,000	Not specified

Additional Information: Plan covers diabetic supplies including test strips and needles. Blood glucose meters are covered to a maximum of \$500.00 per benefit year.

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.”



University of King's College

Address of Main Campus

6350 Coburg Road
Halifax NS B3H 2A1
902-422-1271
www.ukings.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

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Student Accessibility Centre</u> Submit online Request for Accommodation form, submit documentation and request for an in-person/virtual appointment with Accessibility Centre Tel: 902-494-2836 Email: access@dal.ca</p>	<p>Alternate testing conditions, alternate formatting, deferred exams or deadline extensions</p>	<p>Mental Health Services https://www.dal.ca/campus_life/health-and-wellness/my-health/mental-health.html Tel: 902-494-2171</p>

Additional Diabetes or Social Supports: There is a peer support program at this university with dedicated peer support advisors available to support student success. For more information, please visit <https://ukings.ca/campus-community/student-services/health/mental/peer-support/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
King's Students' Union	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% and dispensing fee of \$5	\$1,000	4-6 Weeks (September 1st to October 7th)

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.”



Université Sainte-Anne

Address of Main Campus

1695 Route 1
Church Point NS B0W 1M0
902-769-2114
www.usainteanne.ca

Closest Diabetes Program

Digby General Hospital
Diabetes Education Centre
75 Warwick Street
Digby NS B0V 1A0
902-245-1307

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

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Learning Accessibility Services</u> Call or email to schedule an appointment with the Learning Accessibility Coordinator. Tel: 902-769-2114 ext. 7332 Email: yvette.leblanc@usainteanne.ca</p>	<p>Extra time, access to quiet room to write tests/exams, and tutoring services to prepare for exams</p>	<p>Advice Service https://www.usainteanne.ca/service-de-conseils Tel: 902-461-1721 ext 103 Email: karen@wholetherapy.ca</p>

Additional Diabetes or Social Supports: There is a student group support program and peer support program at this university. For more information, please visit <https://www.usainteanne.ca/impliquez-vous>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Association Générale des Étudiants de l'Université Sainte-Anne	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$7,500	4 weeks (September 1st to September 31st)

Additional Information: For more information please visit: <https://www.usainteanne.ca/finances> OR <https://www.greenshield.ca/en-ca/student-centre/sainte-anne-etudiants>

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.”

10

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 (OHIP)

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 if you are 20-64 years old; 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 and lancets (up to \$950/year) and blood glucose meters (up to \$75 every 5 years). 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: <https://www.diabetes.ca/get-involved/local-programs---events/ontario-monitoring-for-health-program>.

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.

All Ontarians with a valid OHIP card are eligible so as long as they:

- Do not qualify for Ontario Drug Benefit program
- Private Insurance does not cover 100% of their prescription drug costs, AND
- Spend about 4% or more of your after-tax income on prescription drug costs

For more information please visit:

http://www.health.gov.on.ca/en/public/programs/drugs/programs/odb/opdp_trillium.aspx

The Ontario Drug Benefit (ODB) Program

The Ontario Drug Benefit (ODB) Program covers most of the cost of approximately 5,000 prescription drugs for people living in Ontario who are 24 years or younger and not covered by a private insurance plan. The ODB covers insulin and some products used to monitor and test for diabetes, including diabetic testing strips. Syringes, lancets, glucometer and other diabetic supplies are not covered by the ODB.

For information: <http://www.health.gov.on.ca/en/public/programs/drugs/programs/odb/odb.aspx>

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, full coverage for real-time glucose monitoring system and full coverage for the sensors and transmitters up to a maximum allowable quantity per 24-month period.

To be eligible for this program an individual must:

- Be a resident of Ontario
- Have a valid OHIP recipient with type 1 diabetes
- Get examined by members of a Diabetes Education Program registered with the ADP program.

The Diabetes Education Program will determine if:

- An insulin pump or a real-time continuous glucose monitoring system is appropriate for you
- you meet the medical eligibility criteria for an insulin pump and/or a real-time continuous glucose monitoring system (the medical criteria varies from program to program)

For more information please visit: <https://www.ontario.ca/page/get-support-for-diabetes-equipment-and-supplies>.



Algonia University

Address of Main Campus
 1520 Queen Street East
 Sault Ste. Marie ON P6A 2G4
 705-949-2301 ext.4220
www.algomau.ca

Closest Diabetes Program
 Algonia Diabetes and Education
 Care Program
 83 Willow Avenue
 Sault Ste. Marie ON P6B 5B1
 705-541-2670

Closest Endocrinologist
 Algonia Diabetes and Education
 Care Program
 83 Willow Avenue
 Sault Ste. Marie ON P6B 5B1
 705-541-2670

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>The Learning Centre</u> Visit in person, call or email Learning Centre and Disability Services to schedule an appointment Tel: 705-949-2301 ext.4221. Email: jennifer.reid@algomau.ca</p>	<p>Extended time, a quiet space to write exams.</p>	<p>Health and Wellness Services https://algomau.ca/health-wellness/ Email: healthservices@algomau.ca</p>

Additional Diabetes or Social Supports: Student have access to professional and online support for wellness at this university. For more information, please visit <https://algomau.ca/health-wellness/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Algonia University Students' Union	Student VIP	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
0% - 20% co-pay depending on which pharmacy you use.	\$3,000	Not Specified

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 0% co-pay and \$7.00 dispensing fee or 20% co-pay coverage plus dispensing fee of \$5 at other pharmacies.

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.”



Algonquin College

Address of Main Campus
 1385 Woodroffe Avenue
 Ottawa ON K2G 1V8
 613-727-4723
www.algonquincollege.com

Closest Diabetes Program
 Queensway Carleton Hospital
 Diabetes Program
 3045 Baseline Road
 Ottawa ON K2H 8P4
 613-721-4788

Closest Endocrinologist
 Queensway Carleton Hospital
 3045 Baseline Road
 Ottawa ON K2H 8P4
 613-721-4788

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Centre for Accessible Learning Complete Medical Information Request form and call or email to make an appointment with an advisor. Tel: 613-727-4723 ext. 7200 Email: cal@algonquincollege.com</p>	<p>Develop exam accommodations plan with advisor.</p>	<p>Mental Health Services https://www.algonquincollege.com/studentsupportservices/mental-health/ Tel: 613-727-4723 ext. 7200 Email: welcomecentre@algonquincollege.com</p>

Additional Diabetes or Social Supports: There are various mental health supports including Indigenous Counselling, Peer Support, and Spiritual Care at this college. For more information, please visit <https://www.algonquincollege.com/studentsupportservices/mental-health/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Algonquin Students' Association	We Speak Student	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% and any dispensing fee in excess \$8.00	\$3,000	Not Specified

Additional Information: Plan covers insulin injectables and supplies. 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.”



Brescia University College

Address of Main Campus

1285 Western Road
London ON N6G 1H2
519-432-8353
www.brescia.uwo.ca

Closest Diabetes Program

St. Joseph's Health Care London
Diabetes Education Centre
268 Grosvenor Street, B5-502
London ON N6A 4V2
519-661-1600

Closest Endocrinologist

St. Joseph's Health Care London
268 Grosvenor Street, B5-502
London ON N6A 4V2
519-646-6100 ext. 66349

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Services for Students with Disabilities Completed Accessible Education forms online and call or email to schedule an appointment with SSD Counsellor. Tel: 519-661-2147 Email: ase@uwo.ca or mmolnar8@uwo.ca</p>	<p>Extended time, a quiet space to write exams.</p>	<p>Mental Health Support https://www.uwo.ca/health/psych/index.html Tel: 519-661-3030</p>

Additional Diabetes or Social Supports: There is an extensive list of resources for students including workshops, peer to peer supports and counselling services at this college. For more information, please visit <https://www.uwo.ca/health/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University Students' Council of the University of Western Ontario	Canada Life Assurance Company	Canada Life Assurance Company
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$9.64	\$3,000	None

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.”

“Join clubs that are diabetes, disability or mental health related to learn about different supports out there to help.”



Brock University

Address of Main Campus

1812 Sir Isaac Brock Way,
St. Catharines ON L2S 3A1
905-688-5550
www.brocku.ca

Closest Diabetes Program

Niagara Health System
Niagara Diabetes Centre
1200 Fourth Avenue
St. Catharines ON L2S 0A9
905-378-4647

Closest Endocrinologist

Niagara Diabetes Centre
Endocrinology Clinic
65 Third St
Welland, ON L3B 4W6
905-682-4200

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Student Accessibility Services (SAS)</u> Complete required forms and call or email to schedule an appointment with an advisor Tel: 905-688-5550 ext. 3240 Email: asksas@brocku.ca</p>	<p>Develop exam accommodations plan with advisor.</p>	<p>Personal Counselling Services https://brocku.ca/health-wellness-accessibility/personal-counselling-services/ Tel: 1-833-276-2533 Email: counselling@brocku.ca</p>

Additional Diabetes or Social Supports: There are many workshops and support groups available at this college. For more information, please visit <https://brocku.ca/health-wellness-accessibility/personal-counselling-services/group-counselling/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Brock University Students' Union	Medavie Blue Cross	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$8.00	\$5,000	None

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 DrugSmart Pharmacy and other pharmacies 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.”



Cambrian College

Address of Main Campus

1400 Barrydowne Road
Sudbury ON P3A 3V8
705-566-8101
www.cambriancollege.ca

Closest Diabetes Program

Health Sciences North
Diabetes Care Service
865 Regent Street South
Sudbury ON P3E 3Y9
705-671-6601

Closest Endocrinologist

Dr. B. Varghese
2009 Long Lake
Sudbury ON P3E 6C3
705-523-5663

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Disability Services Call or email to schedule an appointment with a Disability Advisor. Tel: 705-566-8101 ext. 7420 Email: disabilityservices@cambriancollege.ca</p>	<p>Develop exam accommodations plan with advisor.</p>	<p>Counselling Services https://cambriancollege.ca/campus-life/student-health/counselling-services/ Tel: 705.566-8101 ext 7311 Email: counselling@cambriancollege.ca</p>

Additional Diabetes or Social Supports: There is a Wellness Coordinator available at this college to support students on campus. For more information, please visit <https://cambriancollege.ca/glenn-crombie-centre/wellness/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Cambrian College Students' Administrative Council	WeSpeakStudent	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$5,000	Not Specified

Additional Information: Plan covers insulin injectable, insulin supplies which include syringes, needles and diagnostic test strips, including glucometers, alcohol swabs and lancets, per Insured per policy year (Pseudo Din # 910333 must be used for all diabetic supplies). Additional savings for prescription costs at Rexall.

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.”



Canadore College

Address of Main Campus

100 College Drive
North Bay ON P1B 8K9
705-474-7600
www.canadorecollege.ca

Closest Diabetes Program

Diabetes Centre – Nipissing
50 College Drive
P.O. Box 2500
North Bay ON P1B 5A4
705-472-6111

Closest Endocrinologist

Dr. B. Bowker
408-1221 Algonquin Drive
North Bay ON P1B 4Y3
705-476-1223

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Student Success Services Call or email the Student Triage Navigator to book an appointment Tel: 705-474-7600 ext. 5130 Email: Nevin.StOnge@canadorecollege.ca	Extra time.	Mental Health Support https://www.canadorecollege.ca/support/student-success-services/mental-health-services Tel: 705-474-7600 ext 5205 Email: studentsuccessnow@candorecollege.ca

Additional Diabetes or Social Supports: There are no social or diabetes supports at this college

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Canadore Students' Council	Guard Me	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$10.50	\$2,000	Not Specified

Additional Information: Drugs covered: insulin injectibles insuling supplies under pseduo din #910333. For more information: <https://www.guard.me/canadore>

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!”



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
Foustanelas 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

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Paul Menton Centre for Students with Disabilities</u> Complete Medical Documentation Form and schedule an intake appointment by phone or email Tel: 613-520-6608 Email: Email pmc@carleton.ca</p>	<p>Extended time, nutrition breaks, allowed glucose monitor in room, a quiet space to write exams.</p>	<p>Mental Health Services https://carleton.ca/health/counselling-services/ Tel: 613-520-6674</p>

Additional Diabetes or Social Supports: There is an extensive list of resources available to students for on-campus and community supports at this university. For more information, please visit <https://carleton.ca/health/resource-library/mental-health-resources/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Carleton University Students' Association	Desjardins Insurance	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$5.00	\$5,000	8 weeks (September 1st to October 31st)

Additional Information: Plan covers insulin and other diabetes supplies. Maximum coverage does not include the cost of diabetes testing agents, syringes and needles. Rexall offers 10% off prescription drug costs (max \$40)

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.”



Centennial College

Address of Main Campus

941 Progress Avenue
Toronto ON M1G 3T8
416-289-5000
www.centennialcollege.ca

Closest Diabetes Program

The Scarborough Hospital
Diabetes Education Centre
3000 Lawrence Avenue East
Toronto ON M1P 2V5
416-431-8149

Closest Endocrinologist

Dr. Taryn Becker
3030 Lawrence Ave. E. #511
Scarborough, ON M1P 2T7
416-439-8358

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Centre for Accessible Learning and Counselling Services (CALCS)</u> Completed Medical Information Form and call or email schedule an appointment with a Disability Counsellor. Tel: 416-289-5000 ext. 53850 Email: calcs@centennialcollege.ca</p>	<p>Extended time, access to word processor and text and speech supports, alternative textbook formats, note taking supports.</p>	<p>Centre for Accessible Learning and Counselling Services (CALCS) https://www.centennialcollege.ca/student-life/student-services/centre-for-accessible-learning-and-counselling-services/hybrid-service-delivery/booking-an-appointment-with-calcs/ Tel: 416-289-5000 ext. 53850 Email: calcs@centennialcollege.ca</p>

Additional Diabetes or Social Supports: The Centennial Talks program and peer health volunteers support students at this college. For more information, please visit <https://www.centennialcollege.ca/student-life/student-services/centre-for-accessible-learning-and-counselling-services/health-and-wellness/centennial-talks/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Centennial College Student Association Incorporated	WeSpeakStudent	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
10% plus any dispensing fee in excess of \$11.99	\$1,200	Not Specified

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.

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.”



Collège Boréal

Address of Main Campus

21 Lasalle Boulevard
Sudbury ON P3A 6B1
705-560-6673
www.collegeboreal.ca

Closest Diabetes Program

Health Sciences North
Diabetes Care Service
865 Regent Street South
Sudbury ON P3E 3Y9
705-671-6601

Closest Endocrinologist

Dr. B. Varghese
2009 Long Lake Road
Sudbury ON P3E 6C3
705-523-5663

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Complete Medical Information Request Form and call or email to schedule an appointment with a counsellor. Tel: 705-560-6673 ext. 2020 Email: servicesaccessibilite@collegeboreal.ca</p>	<p>Access to assistive technologies (text-to-speech or speech-to-text)</p>	<p>Counselling Services https://www.collegeboreal.ca/en/services/guidance/counselling-services Tel: 1-800-361-6673, ext. 2020 Email: counseling@collegeboreal.ca</p>

Additional Diabetes or Social Supports: There are no social or diabetes supports at this college

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
L'AGEE (Student association)	Chubb Life Insurance Company of Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
Not Specified	\$5,000	Not Specified

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!”



Conestoga College

Address of Main Campus

299 Doon Valley Drive
Kitchener ON N2G 4M4
519-748-5220
www.conestogac.on.ca

Closest Diabetes Program

Cambridge Memorial Hospital
Diabetes Education Program
700 Coronation Blvd
Cambridge ON N1R 3G2
519-621-2333 ext. 2345

Closest Endocrinologist

Dr. M. Gulan
100 Highland Road West, Suite 10
Kitchener ON N2M 3B5
519-745-1014

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Accessibility Services Completed Academic and Testing Accommodations form and call or email to set up an appointment with a counsellor Tel: 519-748-5220 ext. 3232 Email: accessibility@conestogac.on.ca	Develop exam accommodations plan with advisor.	Counselling Services https://studentsuccess.conestogac.on.ca/myWellness/counselling Tel: 519-748-5220 ext. 3679 Email: counselling@conestogac.on.ca

Additional Diabetes or Social Supports: The Breathing Space offer various wellness activities for students at this college. For more information, please visit <https://studentsuccess.conestogac.on.ca/myWellness/mentalhealthsupport>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Conestoga Students Inc	Sun Life Assurance Company	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$8.00	\$2,000	8 weeks (September 1st to October 31st)

Additional Information: Plan covers most diabetic supplies. Rexall or Studentcare Pharmacy Network 10% off prescription drugs (max \$40).

Tips from our Alumni –

“ It is good to tell people around you that you are close with that you have diabetes and always have something on you in case of emergencies!.”



Confederation College

Address of Main Campus
 1450 Nakina Drive
 Thunder Bay ON P7C 4W1
 807-475-6110
www.confederationcollege.ca

Closest Diabetes Program
 St. Joseph's Care Group
 Diabetes Health Thunder Bay
 63 Carrie Street
 Thunder Bay ON P7A 4J2
 807-344-3422

Closest Endocrinologist
 Port Arthur Health Centre
 Dr. A. Abu-Bakare
 194 Court Street North
 Thunder Bay ON P7A 4V7
 807-346-1000

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Student Accessibility Services (SAS)</u> Complete Medical Information Request Form and call or email to schedule an appointment with a Disability Services Counsellor Tel: 807-475-6618 Email: sas@confederationnc.on.ca</p>	<p>Complete the accommodation form one week before examination. Alternative textbook formats, note taking supports.</p>	<p>Counselling Services https://www.confederationcollege.ca/counselling-services Tel: 807-475-6618 Email: Linda.Gluck@confederationcollege.ca</p>

Additional Diabetes or Social Supports: The SUCCI Wellness Centre is a multi-purpose space for wellness supports at this college. The Student Success Centre also mental health training on various topics. For more information, please visit <https://www.confederationcollege.ca/wellness-centre> or <https://www.confederationcollege.ca/student-success-centre/mental-health-and-well-being>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Student Union of Confederation College	WeSpeakStudent	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
25% plus any dispensing fee in excess of \$8.00	\$1,000	Not Specified

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. Additional savings on prescriptions at Rexall Pharmacies.

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.”



Dominican University College

Address of Main Campus

96 Empress Avenue
Ottawa ON K1R 7G3
613-233-5696
www.dominicanu.ca

Closest Diabetes Program

The Ottawa Hospital
Foustanelas Endocrine and
Diabetes Centre
1967 Riverside Drive
Ottawa ON K1Y 7W9
613-738-8400 ext. 88333

Closest Endocrinologist

The Ottawa Hospital
Foustanelas Endocrine and
Diabetes Centre
1967 Riverside Drive
Ottawa ON K1Y 7W9
613-738-8400 ext. 88333

On-Campus Services Available

- ✘ Campus Clinic
- ✘ Mental Health Support Services
- ✘ Social Support for Students with Diabetes
- ✘ Accessibility Accommodations
- ✘ Health Insurance Plan
- ✘ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
There are no accessibility services at this college		N/A

Additional Diabetes or Social Supports: There are no social or diabetes supports at this college

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No coverage	No coverage	No coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No coverage	\$0	No coverage

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!”



Durham College

Address of Main Campus

2000 Simcoe Street North
Oshawa ON L1G 0C5
905-721-2000
www.durhamcollege.ca

Closest Diabetes Program

The Charles H. Best
Diabetes Centre
360 Columbus Road East
Whitby ON L1M 1Z5
905-620-0360

Closest Endocrinologist

The Charles H. Best
Diabetes Centre
360 Columbus Road East
Whitby ON L1M 1Z5
905-620-0360

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Access and Support Centre Complete Student Information Form and email to the Access and Support Centre. An advisor will contact you to schedule an intake appointment. Tel: 905-721-3123 Email: asc@durhamcollege.ca</p>	<p>Reduced course load, access to alternative textbook formats, note taking supports.</p>	<p>Counselling Services https://durhamcollege.ca/asc/counselling/ Tel: 905-721-3123 Email: asc@durhamcollege.ca</p>

Additional Diabetes or Social Supports: There are various methods of therapy including counselling, groups and workshops on wellness topics at this college. For more information, please visit <https://durhamcollege.ca/asc/counselling/groups-workshops/> or <https://durhamcollege.ca/student-life/health-and-wellness/campus-health-and-wellness-centre/mental-health-services#contact-information>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Durham College Students Inc.	Medavie Blue Cross	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
10% plus any dispensing fee in excess of \$10.00	\$3,500	None
Additional Information: Diabetes supplies covered to maximum of \$200.00 per policy year. Co-pay of 80% with \$6 fee applied to all other pharmacies. For info: 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.”



Fanshawe College

Address of Main Campus

1001 Fanshawe College Boulevard
London ON N5Y 5R6
519-452-4430
www.fanshawec.ca

Closest Diabetes Program

St. Joseph's Health Care London
Diabetes Education Centre
268 Grosvenor Street
London ON N6A 4V2
519-661-1600

Closest Endocrinologist

St. Joseph's Health Care London
268 Grosvenor Street
London ON N6A 4V2
519-646-6100 ext. 66349

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Complete Confidential Disability Information form and submit via email. A coordinator will email you about disability documentation. Tel: 519-452-4282 Email: accessibility@fanshawec.ca</p>	<p>Extended time, a quiet space to write exams, access to alternative formats for textbooks.</p>	<p>Counselling Services https://www.fanshawec.ca/student-life/student-services/counselling-services Tel: 519-452-4282 Email: counselling@fanshawec.ca</p>

Additional Diabetes or Social Supports: The Student Wellness Centre has supports for students including recreational activities. There is also the Faith and Spirituality Centre at this college. For more information, please visit <https://www.fanshawec.ca/student-success/student-success/student-wellness-centre>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Fanshawe Student Union	WeSpeakStudent	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
10% plus any dispensing fee in excess of \$10.50	\$5,000	Not Specified

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.

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.”



Fleming College

Address of Main Campus

599 Brealey Drive
Peterborough ON K9J 7B1
705-749-5530
www.flemingcollege.ca

Closest Diabetes Program

Peterborough Regional
Health Centre
Diabetes Education Center
1 Hospital Drive
Peterborough ON K9J 7C6
705-876-5838

Closest Endocrinologist

Peterborough Regional
Health Centre
1 Hospital Drive
Peterborough ON K9J 7C6
705-876-5838

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Accessible Education Services</u> Call or email to schedule an appointment with an advisor. Tel: 705-749-5527 Email: disabilities@flemingcollege.ca</p>	<p>Extended time, a quiet space to write exams, access assistive technology, reduced course load.</p>	<p><u>Counselling Services</u> https://department.flemingcollege.ca/counselling/ Tel: 705-749-5527 Email: CAES@flemingcollege.ca</p>

Additional Diabetes or Social Supports: There are various supports and educational resources provided by Diversity and Inclusion Services at this college. For more information, please visit <https://department.flemingcollege.ca/diversity/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Fleming College Student Administrative Council	WeSpeakStudent	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
30% plus any dispensing fee in excess of \$10.50	\$3,000	Not Specified

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.

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.”



George Brown College

Address of Main Campus

200 King Street East
 Toronto ON M5A 3W8
 416-415-2000
www.georgebrown.ca

Closest Diabetes Program

St. Michael's Health Centre
 St. Michael's Centre of Diabetes
 61 Queen Street East
 Toronto ON M5C 2T2
 416-867-7424

Closest Endocrinologist

St. Michael's Health Centre
 61 Queen Street East
 Toronto ON M5C 2T2
 416-867-7424

On-Campus Services Available

- ✘ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Accessible Learning Services Complete Medical Verification Form and call or email to schedule an appointment with Intake Coordinator Tel: 416-415-5000 ext. 2107 Email: alsregister@georgebrown.ca	Extended time, access assistive technology, access to alternative formats, reduced course load.	Counselling Services https://www.georgebrown.ca/current-students/services/counselling Email: letstalk@georgebrown.ca

Additional Diabetes or Social Supports: The Peer Mentor + provide support in various wellness topics for students to gain support at this college. For more information, please visit <https://www.georgebrown.ca/current-students/services/counselling/taking-care-of-your-mental-health>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Student Association of George Brown College	WeSpeakStudent	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$8.00	\$5,000	Not Specified

Additional Information: Plan covers syringes, needles and diagnostic test strips, glucometers, alcohol swabs and lancets (pseudo din #910333 for all diabetic supplies). Enhanced drug plan available.

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.”



Georgian College

Address of Main Campus

1 Georgian Drive
 Barrie ON L4M 3X9
 705-728-1968
www.georgiancollege.ca

Closest Diabetes Program

Royal Victoria Hospital
 Diabetes Management Centre
 201 Georgian Drive
 Barrie ON L4M 6M2
 705-728-9090 ext. 23300

Closest Endocrinologist

Dr. D. Zatelyn
 121 Wellington Street West
 Suite 201
 Barrie ON L4N 1L2
 705-734-3888

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Student Services Call or email to schedule an appointment with an Accessibility Advisor Tel: 1-877-722-1523 Email: studentsuccess@georgiancollege.ca	Access to assistive technology, access to alternative formats, reduced course load.	Counselling, mental health and well-being https://www.georgiancollege.ca/student-life/student-services/counselling/ Tel: 1-877-722-1523 Email: studentsuccess@georgiancollege.ca

Additional Diabetes or Social Supports: The Health and Wellness Clinics provide access to a nurse practitioner support, a Hair Studio and Spa and Esthetics Clinic at this college. For more information, please visit <https://www.georgiancollege.ca/community-alumni/health-and-wellness-clinics/#clinicofferings>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Georgian College Students' Association	Canada Life Assurance Company	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
100% coverage (0% co-pay) plus any dispensing fee in excess of \$8.00	\$5,000	45 days

Additional Information: Plan covers insulin syringes, disposable needles, test strips, sensors for flash glucose monitoring machines, lancets, glucose monitoring machines, alcohol swabs.

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.”



Humber College

Address of Main Campus

205 Humber College Boulevard
 Toronto ON M9W 5L7
 416-675-5000
www.humber.ca

Closest Diabetes Program

William Osler Health Centre
 Etobicoke Diabetes Education Ctr
 101 Humber College Boulevard
 Etobicoke ON M9V 1R8
 416-747-3400 ext. 32393

Closest Endocrinologist

William Osler Health Centre
 Etobicoke Diabetes Education Ctr
 101 Humber College Boulevard
 Etobicoke ON M9V 1R8
 416-747-3400 ext. 32393

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Accessible Learning Services Complete Medical Report Form and call or email to book an appointment Tel: 416-675-5090 Email: accessible-learning@humber.ca	Develop exam accommodations plan with advisor.	Counselling Services https://humber.ca/student-life/swac/health-counselling/counselling-services Tel: 416-675-5090 Email: swac@humber.ca

Additional Diabetes or Social Supports: There are peer-led workshops and peer wellness coaching supports at this college. For more information, please visit <https://humber.ca/student-life/swac/peer-wellness-services>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
IGNITE	WeSpeakStudent	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$10.50	\$2,000	None

Additional Information: Plan covers insulin injectables and supplies. Insulin supplies are covered to a maximum of \$500.00 per policy year. Plan offers discount at Shoppers Drug Mart and Rexall Pharmacy. Enhanced drug plan available (pseudo din# 910333 must be used for all diabetic supplies).

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!”



Huron University College

Address of Main Campus

1349 Western Road
London ON N6G 1H3
519-438-7224
www.huronatwestern.ca

Closest Diabetes Program

St. Joseph's Health Care London
Diabetes Education Centre
268 Grosvenor Street
London ON N6A 4V2
519-661-1600

Closest Endocrinologist

St. Joseph's Health Care London
268 Grosvenor Street
London ON N6A 4V2
519-646-6100 ext. 66349

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Student Services Complete Accommodation Request Form and call or email to schedule an appointment with an Academic Advisor. Tel: 519-438-7224 ext. 244 Email: huronsss@uwo.ca	Extended time, a quiet space to write exams.	Counselling and Support https://huronatwestern.ca/wellness-services/counselling-support/ Tel: 519-438-7224 ext 716 Email: huronwellness@huron.uwo.ca

Additional Diabetes or Social Supports: There are wellness and recreational activities for students at this college. For more information, please visit <https://huronatwestern.ca/wellness-services/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University Students' Council of the University of Western Ontario	Canada Life Assurance Company	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$9.64	\$3,000	None

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.”



King's University College

Address of Main Campus

266 Epworth Avenue
London ON N6A 2M3
519-433-3491
www.kings.uwo.ca

Closest Diabetes Program

St. Joseph's Health Care London
Diabetes Education Centre
268 Grosvenor Street
London ON N6A 4V2
519-661-1600

Closest Endocrinologist

St. Joseph's Health Care London
268 Grosvenor Street
London ON N6A 4V2
519-646-6100 ext. 66349

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services The Accessibility Services Office will contact the student after the completed Intake Form and Appointment Request Form are submitted. Tel: 519-433-3491 ext. 7800 Email: acsd@kings.uwo.ca</p>	<p>Extended time, a quiet space to write exams.</p>	<p>Counselling Services https://www.kings.uwo.ca/current-students/student-affairs/personal-counselling/%20 Tel: 519-433-3491 ext. 7800 Email: acsd@kings.uwo.ca</p>

Additional Diabetes or Social Supports: There are many peer and online supports at this college including workshops, groups, counselling. For more information, please visit <https://www.uwo.ca/health/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University Students' Council of the University of Western Ontario	Canada Life Assurance Company	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$9.64	\$3,000	None

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.”



La Cité Collégiale

Address of Main Campus
 801 Promenade de l'Aviation
 Ottawa ON K1K 4R3
 613-742-2483
www.collegelacite.ca

Closest Diabetes Program
 Hôpital Montfort
 713 Chemin Montréal
 Ottawa ON K1K 0T2
 613-748-4930

Closest Endocrinologist
 Dr. Denis Chauret &
 Dr. Matthew Mulligan
 713 Chemin Montréal
 Ottawa ON K1K 0T2
 613-748-4930

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Support and Adaptation Service</u> Call or email to schedule an appointment with a Counsellor. Tel: 613-742-2483 ext. 2090 Email: laboussole@collegelacite.ca</p>		N/A

Additional Diabetes or Social Supports: There are wellness supports at this campus. For more information, please visit https://crc.collegelacite.ca/web/lcc/services-aux-etudiants?utm_campaign=rev5159&utm_medium=menu&utm_source=internal

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Association Étudiante De La Cite	Plan Major Insurance	September to April
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$8.00	\$1,500	Not Specified

Additional Information: For more information, please visit <https://www.aecite.ca/assurances2022>

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!”



Lakehead University

Address of Main Campus

955 Oliver Road
Thunder Bay ON P7B 5E1
807-343-8110
www.lakeheadu.ca

Closest Diabetes Program

St. Joseph's Care Group
Diabetes Health Thunder Bay
63 Carrie Street
Thunder Bay ON P7A 4J2
807-344-3422

Closest Endocrinologist

Dr. A. Abu-Bakare
194 Court Street North
Thunder Bay ON P7A 4V7
807-346-1000

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Student Accessibility Services</u> Complete Accommodations Forms and call or email to schedule an appointment with an advisor. Tel: 807-343-8087 Email: manager-sas@lakeheadu.ca or sas@lakeheadu.ca</p>	<p>Access to assistive technology, note taking supports, breaks.</p>	<p><u>Counselling Services</u> https://www.lakeheadu.ca/students/wellness-recreation/student-health-and-wellness/counselling-services Tel: 807-343-8361 Email: health@lakeheadu.ca</p>

Additional Diabetes or Social Supports: There are mental health supports including counselling and TalkCampus peer text services. There are wellness supports for faculty and staff at this university. For more information, please visit <https://www.lakeheadu.ca/students/wellness-recreation/student-health-and-wellness/counselling-services/talk-campus>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Lakehead University Student Union	WeSpeakStudent	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
100% coverage (\$0 dispensing fee)	\$5,000	Not Specified

Additional Information: Plan covers insulin, syringes, needles, diagnostic test strips, glucometers, alcohol swabs, lancets, use #910333 for diabetic supplies Info: <https://wespeakstudent.com/home/78-lakehead-university->

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.”



Lakehead University – Orillia Campus

Address of Main Campus

500 University Avenue
Orillia ON L3V 0B9
705-330-4010
www.lakeheadu.ca

Closest Diabetes Program

Orillia Soldiers' Memorial Hospital
Diabetes Education Centre
1080 Mississauga Street W
Orillia ON L3V 3B4
705-325-7611

Closest Endocrinologist

Orillia Soldiers' Memorial Hospital
1080 Mississauga Street West
Orillia ON L3V 3B4
705-325-7611

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Student Accessibility Services Complete Medical Information Form and schedule an appointment online on website. Tel: 705-330-4010 ext. 2103 Email: oraccess@lakeheadu.ca</p>	<p>Access to assistive technology, note taking supports, breaks.</p>	<p>Counselling Services https://www.lakeheadu.ca/students/wellness-recreation/student-health-and-wellness/counselling-services Tel: 705-330-4010 Ext. 2116 Email: health@lakeheadu.ca</p>

Additional Diabetes or Social Supports: There are mental health supports including counselling and TalkCampus peer text services. There are wellness supports for faculty and staff at this university. For more information, please visit <https://www.lakeheadu.ca/students/wellness-recreation/student-health-and-wellness/counselling-services/talk-campus>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Lakehead University Student Union	WeSpeakStudent	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
100% coverage (\$0 dispensing fee)	\$5,000	Not Specified

Additional Information: Plan covers insulin, syringes, needles, diagnostic test strips, glucometers, alcohol swabs, lancets, use #910333 for diabetic supplies Info: <https://wespeakstudent.com/home/78-lakehead-university->

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.”



Lambton College

Address of Main Campus

1457 London Road
Sarnia ON N7S 6K4
519-542-7751
www.lambtoncollege.ca

Closest Diabetes Program

Bluewater Health
Diabetes & Clinical Nutrition
89 Norman Street
Sarnia ON N7T 6S3
519-464-4400 ext. 5329

Closest Endocrinologist

Dr. P. Shetty
177 Russell Street North
Sarnia ON N7T 6R5
519-332-1811

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Centre Complete disability form and upload on website or submit via email. Tel: 519-542-2333 Email: ac@lambtoncollege.ca</p>	<p>Access to assistive technology, note taking supports, reduced course load.</p>	<p>Counselling Services https://www.lambtoncollege.ca/Services/Counselling_and_Wellness/Counselling_Wellness/ Email: counselling@lambtoncollege.ca</p>

Additional Diabetes or Social Supports: There are no social or diabetes supports at this college

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Lambton College Student Administrative Council	WeSpeakStudent	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
25% plus any dispensing fee in excess of \$5.00	\$5,000	Not Specified

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.”



Laurentian University

Address of Main Campus

935 Ramsey Lake Road
Sudbury ON P3E 2C6
1-800-461-4030
www.laurentian.ca

Closest Diabetes Program

Health Sciences North
Diabetes Care Service
865 Regent Street South
Sudbury ON P3E 3Y9
705-522-2200 ext. 6601

Closest Endocrinologist

Dr. B. Varghese
2009 Long Lake
Sudbury ON P3E 6C3
705-523-5663

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services 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. Tel: 705-675-1151 ext. 3324 Email: accessibilityservicesinfo@lauren.laur.ca</p>	<p>Extra time, access to assistive technology, note taking supports, alternative formats for course material, nutrition breaks.</p>	<p>Counselling Services https://laurentian.ca/counselling Tel: 705-673-6506 Email: counselling@laurentian.ca</p>

Additional Diabetes or Social Supports: There is an extensive list of online supports available to students to navigate student success at this university. For more information, please visit <https://laurentian.ca/counselling/wellness>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Laurentian University Students' General Association	The Campus Trust	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$6.99	\$1,000	None

Additional Information: Diabetic supplies are covered including insulin, syringes, needles, lancets, diagnostic reagents for the diagnosis and monitoring of diabetes. Medical equipment is 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."



Loyalist College

Address of Main Campus
 376 Wallbridge-Loyalist Road
 Belleville ON K8N 5B9
 1-888-569-2547
www.loyalistcollege.com

Closest Diabetes Program
 Quinte Health Care, Diabetes
 Education and Management
 265 Dundas Street East
 Belleville ON K8N 5A9
 613-969-7400 ext. 2028

Closest Endocrinologist
 Kingston General Hospital
 76 Stuart Street
 Kingston ON K7L 2V7
 613-548-3232

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>AccessAbility Services</u> Call or email to inquire about documentation required to apply for accommodations Tel: 613-969-1913 ext. 2519 Email studentsuccess@loyalistcollege.com</p>	<p>Access to assistive technology, note taking supports, alternative formats for course material, reduced tuition fee for students registered.</p>	<p>Wellness Coaching https://www.loyalistcollege.com/wellness-coaching/ Email: rstoness@loyalistcollege.com</p>

Additional Diabetes or Social Supports: There are peer supports that include The PAL Project a peer to peer support and Bridge Days workshops are available at this college. For more information, please visit <https://loyalistlife.com/wellness#peer-supports>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Loyalist College Student Government	ClaimSecure Inc.	September 9th to April 30th (Fall and Winter Term)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$8.00	\$3,000	At the start of each semester

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.”



Address of Main Campus

1280 Main Street West
Hamilton ON L8S 4L8
905-525-9140
www.mcmaster.ca

Closest Diabetes Program

McMaster University Medical Centre
Diabetes Education and
Research Centre
1200 Main Street West
Hamilton ON L8N 3Z5
905-521-2100 ext. 78988

Closest Endocrinologist

McMaster University Medical Centre
1200 Main Street West
Hamilton ON L8N 3Z5
905-521-2100 ext. 78988

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Student Accessibility Services</u> Complete Medical Documentation Form and call or email to schedule an appointment. The form can also be submitted in person. Tel: 905-525-9140 ext. 28652 Email: sas@mcmaster.ca</p>	<p>A quiet space to write exams, access to assistive technology, alternative formats for course material, note taking supports.</p>	<p>Counselling Services https://wellness.mcmaster.ca/services/counselling/ Tel: 905-525-9140 ext. 27700</p>

Additional Diabetes or Social Supports: There are peer volunteers to support students at this university. There is a diabetes club on campus, for information please email McMaster Diabetes Association at mda@mcmaster.ca. For more information, please visit <https://msumcmaster.ca/service/maccess/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
McMaster Students Union	ClaimSecure Inc.	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$2,500	6-8 weeks (September 1st to mid of October)

Additional Information: Plan covers insulin injectibles, supplies, test strips, lancets (# 910333 for diabetic supplies), syringes, continuous and flash glucometers and alcohol swabs. Offers available at Shopper's Drug Mart and Rexall Pharmacy.

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."



Mohawk College

Address of Main Campus

135 Fennell Avenue West
Hamilton ON L9C 0E5
905-575-1212
www.mohawkcollege.ca

Closest Diabetes Program

McMaster University Medical Centre
Diabetes Education and
Research Centre
1200 Main Street West
Hamilton ON L8N 3Z5
905-521-2100 ext. 78988

Closest Endocrinologist

McMaster University
Medical Centre
1200 Main Street West
Hamilton ON L8N 3Z5
905-521-2100 ext. 78988

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Accessible Learning Services</u> Complete intake/medical forms and call or email to schedule an appointment Tel: 905-575-2122 Email: als@mohawkcollege.ca</p>	<p>Extra time, access to assistive technology, alternative formats for course material, note taking supports.</p>	<p>Counselling Services https://www.mohawkcollege.ca/student-well-being/counselling Tel: 905-575-2211 Email: counselling@mohawkcollege.ca</p>

Additional Diabetes or Social Supports: There are peer to peer support, Indigenous services and counselling at this college. For more information, please visit <https://www.mohawkcollege.ca/student-well-being/counselling/campus-and-community-resources>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Mohawk Students' Association	Sun Life Assurance Company of Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$5,000	September 1st to October 31st

Additional Information: Plan covers diabetes supplies. Rexall offers 10% off your prescription drug costs (max of \$40). Medical equipment is covered for 80% of stipulated cost. For more information please visit: 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
905-378-4647

Closest Endocrinologist

Welland County General Hospital
65 Third Street
Welland ON L3B 4W6
905-378-4647

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Completed Accessibility Form and submit via email. An Accessibility Consultant will contact you to schedule an appointment. Tel: 905-735-2211 ext. 7778 to Email: hwas@niagaracollege.ca</p>	<p>A quiet space to write, access to assistive technology, alternative formats for course material, note taking supports.</p>	<p>Counselling Services https://www.niagaracollege.ca/hwas/appointment/ Tel: 905-735-2211 ext. 7778 Email: HWAS@niagaracollege.ca</p>

Additional Diabetes or Social Supports: There are peer supports and wellness checks at this college. For more information, please visit <https://www.niagaracollege.ca/hwas/services/wellness/peersupport/> and <https://www.niagaracollege.ca/hwas/resources/wellnesscheck/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Niagara College Student Administrative Council	WeSpeakStudent	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$8.00	\$5,000	Not Specified

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!”



Nipissing University

Address of Main Campus

100 College Drive
North Bay ON P1B 8L7
705-474-3450
www.nipissingu.ca

Closest Diabetes Program

Diabetes Centre – Nipissing
50 College Drive
P.O. Box 2500
North Bay ON P1B 5A4
705-472-6111

Closest Endocrinologist

Dr. B. Bowker
408-1221 Algonquin Drive
North Bay ON P1B 4Y3
705-476-1223

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Student Accessibility Services Complete Self-Identification Form and submit via email or on the website. Call or email to schedule an appointment with an Accessibility Consultant. Tel: 705-474-3450 ext. 4362 Email: sas@nipissingu.ca</p>	<p>Access to assistive technology, alternative formats for course material, note taking supports.</p>	<p>Counselling Services https://www.nipissingu.ca/departments/student-development-and-services/counselling-services Tel: 705-474-3450 ext: 4507 Email: counselling@nipissingu.ca</p>

Additional Diabetes or Social Supports: There is a Peer Support Drop-In Centre at this university. For more information, please visit <https://www.nipissingu.ca/departments/student-development-and-services/counselling-services/therapy-options/peer-support>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Nipissing University Student Union	WeSpeakStudent.	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$10.50	\$4,000	Not Specified

Additional Information: Plan covers supplies such as, syringes, needles, diagnostic test strips, glucometers, alcohol swabs and lancets.

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.”



Northern College

Address of Main Campus

4715 Highway 101 East
 South Porcupine ON P0N 1H0
 705-235-3211
www.northern.on.ca

Closest Diabetes Program

VON Canada
 Diabetes Education Centre
 101 Mall, 38 Pine St N, Suite 139
 Timmins, ON, P4N 6K6
 705-267-8444 Ext. 15

Closest Endocrinologist

David S. Saleh
 Timmins and District Hospital
 700 Ross Avenue East
 Timmins ON P4N 8P2
 (705) 267-2131

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Accessibility Services Complete Medical Information Request Form and call or email to schedule an appointment. Tel: 705-235-3211 ext. 2237 Email: foys@northern.on.ca	A quiet space to write exams, access to assistive technology, alternative formats for course material, note taking supports.	Mental Health Advising https://www.northerncollege.ca/students/advising/mental-health/ Tel: 705-235-3211 ext. 2173 Email: mywellness@northern.on.ca

Additional Diabetes or Social Supports: There are student life advising supports at this college. For more information, please visit <https://www.northerncollege.ca/students/advising/student-life/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Northern College Student Association	ClaimSecure Inc.	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$2,000	Not Specified

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

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
60 Murray Street
Toronto ON M5T 3L9
416-586-4800 ext. 8465

Closest Endocrinologist

Mount Sinai Hospital
Joseph and Wolf Lebovic
Health Complex
60 Murray Street
Toronto ON M5T 3L9
416-586-4800 ext. 8465

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Student Accessibility Services Complete Medical Documentation form and call or email to schedule an appointment with an Accessibility advisor. Tel: 416-977-6000 ext. 339 Email: SAS@ocadu.ca</p>	<p>A quiet space to write exams, extra time for writing exams, access to assistive technology, alternative formats for course material, note taking supports.</p>	<p>Counselling Services https://www.ocadu.ca/services/health-and-wellness/swc Tel: 416-977-6000 x 260 Email: swc@ocadu.ca</p>

Additional Diabetes or Social Supports: The Peer Wellness Program support students in spiritual, mental and physical wellness at this college. For more information, please visit <https://www.ocadu.ca/services/health-and-wellness/peer-wellness-program>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
OCAD U	Desjardins Insurance	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
10%	\$3,000	8 weeks (September 1st to October 31st)

Additional Information: Coverage of supplies not specified. Rexall offers 10% off your prescription drug costs (up to a max of \$40).

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.”



Queen's University

Address of Main Campus

99 University Avenue
Kingston ON K7L 3N6
613-533-2000
www.queensu.ca

Closest Diabetes Program

Hotel Dieu Hospital
Diabetes Education and
Management Centre
166 Brock Street
Kingston ON K7L 5G2
613-544-3400 ext. 3590

Closest Endocrinologist

Kingston General Hospital
76 Stuart Street
Kingston ON K7L 2V7
613-548-3232

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Queen's Student Accessibility Services (QSAS)</u> Register for accommodations online on the website and call or email to speak to QSAS staff about academic accommodations Tel: 613-533-2506 Email: qsas.intake@queensu.ca</p>	<p>A quiet space to write exams, extra time for writing exams and to monitor blood sugars, access to assistive technology, alternative formats for course material, note taking supports.</p>	<p>Counselling Services https://www.queensu.ca/studentwellness/appointments-same-day-clinic Tel: 613-533-2506 Email: wellness.services@queensu.ca</p>

Additional Diabetes or Social Supports: The Mental Health Services offer wellness activities, social groups, events and mental health appointments at this university. For more information, please visit <https://www.queensu.ca/campuslife/health> and <https://www.queensu.ca/studentwellness/mental-health>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Alma Mater Society	Sun Life Assurance Company of Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$7.00	\$5,000	6-8 weeks (September 1st to mid/end of October)

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."



Redeemer University College

Address of Main Campus

777 Garner Road East
Ancaster ON L9K 1J4
905-648-2131
www.redeemer.ca

Closest Diabetes Program

McMaster University Medical Centre
Diabetes Education and
Research Centre
1200 Main Street West
Hamilton ON L8N 3Z5
905-521-2100 ext. 78988

Closest Endocrinologist

McMaster University Medical Centre
1200 Main Street West
Hamilton ON L8N 3Z5
905-521-2100 ext. 78988

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Disability Services</u> Apply online on the website and book a virtual appointment with Admissions Counsellor Tel: 905-648-2139 ext.4220 Email: nhartholt@redeemer.ca</p>	<p>A quiet space to write exams, extra time, access to assistive technology, alternative formats for course material, note taking supports.</p>	<p>Counselling Services https://www.christiancounsellingcentre.ca/ Tel: 1-866-833-2741 Email: info@christiancounsellingcentre.ca</p>

Additional Diabetes or Social Supports: There are faith based and community counselling supports at this college. For more information, please visit <https://www.redeemer.ca/student-life/campus-safety-and-health/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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.”



Royal Military College of Canada

Address of Main Campus

13 General Crerar Crescent
Kingston ON K7K 7B4
613-541-6000
www.rmc.ca

Closest Diabetes Program

Hotel Dieu Hospital
Diabetes Education and
Management Centre
166 Brock Street
Kingston ON K7L 5G2
613-544-3400 ext. 3590

Closest Endocrinologist

Kingston General Hospital
76 Stuart Street
Kingston ON K7L 2V7
613-548-3232

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Registrar's Office</u> Any student who requires academic accommodations must attend an intake interview and sign up for the services, with the academic accommodations co-ordinator. Tel: 613-541-6000 ext. 4676 Email: accommodation@rmc-cmr.ca</p>	<p>A quiet space to write exams, extra time, access to assistive technology</p>	<p>RMC Mental Health Services https://www.rmc-cmr.ca/en/chief-staff/health-and-wellness Tel: 613-541-5010 x5776</p>

Additional Diabetes or Social Supports: Various clubs and student engagement at this college. For more information, please visit <https://www.rmc-cmr.ca/en/athletic-department/recreation-clubs>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Maximum	No Coverage

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.”



Toronto Metropolitan University (Ryerson)

Address of Main Campus

350 Victoria Street
Toronto ON M5B 2K3
416-979-5000
www.torontomu.ca

Closest Diabetes Program

St. Michael's Health Centre
St. Michael's Centre of Diabetes
61 Queen Street East
Toronto ON M5C 2T2
416-867-7424

Closest Endocrinologist

St. Michael's Health Centre
61 Queen Street East
Toronto ON M5C 2T2
416-867-7424

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Academic Accommodation Support 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 of the Student Learning Centre. Tel: 416-979-5290 Email: aasadmin@torontomu.ca</p>	<p>Extended time for exams, alternative formats for course material, note taking supports, access to assistive technology</p>	<p>Counselling Services https://www.torontomu.ca/student-wellbeing/counselling/booking-an-appointment/ Tel: 416-979-5195 Email: csdc@ryerson.ca</p>

Additional Diabetes or Social Supports: There is peer program to create an individual wellness plan with students including workshops at this university. For more information, please visit <https://www.torontomu.ca/student-wellbeing/healthpromotion/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Toronto Met Students' Union	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$5,000	2 months (November or March for new students)

Additional Information: Plan covers insulin, syringes, needles and testing agents and reasonable charges with blood glucose monitors, lancets and insulin pump supplies. Glucose monitors are covered up to \$150 every 5 years. Extended Health covers continuous and flash glucose monitoring systems and insulin pump supplies.

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.”



Saint Paul University

Address of Main Campus

223 Main Street
Ottawa ON K1S 1C4
613-236-1393
www.ustpaul.ca

Closest Diabetes Program

The Ottawa Hospital
Foustanelas Endocrine and
Diabetes Centre
1967 Riverside Drive
Ottawa ON K1Y 7W9
613-738-8400 ext. 88333

Closest Endocrinologist

The Ottawa Hospital
Dr. Erin Keely
1967 Riverside Drive
Ottawa ON K1Y 7W9
613-738-8400 ext. 88333

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Student Academic Success Services (SASS)</u></p> <p>Register online for SASS services on website and call or email to schedule an appointment with a counsellor.</p> <p>Tel: 613-562-5976</p> <p>Email: adapt@uOttawa.ca</p>	<p>Extended time for exams, alternative formats for course material, note taking supports, access to assistive technology, reduced course load,</p>	<p>Counselling Services</p> <p>https://ustpaul.ca/en/counselling-services-and-other-resources_6944_719.htm</p> <p>Tel: 613-706-6393</p> <p>Email: mmayer.psychotherapy@gmail.com</p>

Additional Diabetes or Social Supports: There are online supports at this university. For more information, please visit https://ustpaul.ca/en/counselling-services-and-other-resources_6944_719.htm#health

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of Ottawa Students' Union (UOSU) or SÉUO	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$5.00	\$1,000	8 weeks (September 1st to October 31st)

Additional Information: Plan covers most medications legally requiring a prescription, and drugs that don't legally require a prescription, such as insulin and diabetic supplies, if approved by the insurer. Rexall offers 10% off your prescription drug costs (up to a max of \$40).

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.

Whether it's about diabetes or something else, sometimes just talking about it and feeling that support is there for you can be helpful."



Sault College

Address of Main Campus

443 Northern Avenue
Sault Ste. Marie ON P6B 4J3
705-759-2554
www.saultcollege.ca

Closest Diabetes Program

Algoma Diabetes and Education
Care Program
83 Willow Avenue
Sault Ste. Marie ON P6B 5B1
705-541-2670

Closest Endocrinologist

Algoma Diabetes and Education
Care Program
83 Willow Avenue
Sault Ste. Marie ON P6B 5B1
705-541-2670

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Call or email to schedule an appointment with an advisor. Tel: 705-759-2554 ext. 2703 or 2720 Email: studentsupport@saultcollege.ca</p>	<p>Note taking supports, access to assistive technology.</p>	<p>Counselling Services https://www.saultcollege.ca/student-information/current/counselling Tel: 705-759-2554 ext. 2703 Email: kristol.abel@saultcollege.ca</p>

Additional Diabetes or Social Supports: The I.M. Well program is available for all students at this college. For more information, please visit <https://www.saultcollege.ca/student-information/student-services/IMwell>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Sault College Students' Union	Sun Life Assurance Company of Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$5,000	September 1st to October 31st

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."



Seneca College

Address of Main Campus

1750 Finch Avenue East
 Toronto ON M2J 2X5
 416-491-5050
www.senecacollege.ca

Closest Diabetes Program

Sunnybrook Health Sciences Centre
 Diabetes Education Clinic
 2075 Bayview Avenue
 Toronto ON M4N 3M5
 416-480-4805

Closest Endocrinologist

Sunnybrook Health
 Sciences Centre
 2075 Bayview Avenue
 Toronto ON M4N 3M5
 416-480-4805

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Counselling and Accessibility Services</u> Complete Functional Limitation Assessment Form and call or email to book an appointment with a Disability Counsellor. Tel: 416-764-9700 Email: senecacnas@senecacollege.ca</p>	<p>Extra time, a quiet space to write, note taking supports, access to assistive technology, alternative formats for tests.</p>	<p>Counselling Services https://students.senecacollege.ca/spaces/122/personal-counselling-and-accessible-learning-services/wiki/view/2542/personal-counselling Tel: 416-764-9700 Email: senecacnas@senecacollege.ca</p>

Additional Diabetes or Social Supports: Various clubs and student engagements at this college. For more information, please visit <https://clubs.ssfinc.ca/Student/Clubs>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Seneca Student Federation	WeSpeakStudent	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$10.50	\$1,000	Not Specified

Additional Information: Plan covers insulin supplies, syringes, needles, diagnostic test strips, glucometers, alcohol swabs and lancets, subject to a maximum of \$200.00 per Insured per policy year (pseudo din# 910333 must be used for all diabetic supplies).

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.”



Sheridan College

Address of Main Campus

1430 Trafalgar Road
Oakville ON L6H 2L1
905-845-9430

www.sheridancollege.ca

Closest Diabetes Program

Oakville Trafalgar Memorial
Hospital
3001 Hospital Gate
Oakville ON L6M 0L8
905-338-4437

Closest Endocrinologist

Dr. L. Huang
580-2525 Old Bronte Road
Oakville ON L6M 4J2
905-338-0550

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessible Learning Services Register online with Accessible Learning and call or email to make an appointment with an advisor. Tel: 905-845-9430 ext.8196 Email: trafalgar.als@sheridancollege.ca</p>	<p>Extra time, a quiet space to write, note taking supports, access to assistive technology, alternative formats for tests.</p>	<p>Counselling Services https://www.sheridancollege.ca/student-life/student-services/counselling-services Tel: 905-845-9430 ext. 5400</p>

Additional Diabetes or Social Supports: There are mental health supports at this college. For more information, please visit <https://www.sheridancollege.ca/student-life/student-services/health>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Sheridan Student Union Inc.	Sun Life Assurance Company of Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$8.00	\$5,000	2 months (September 1st to October 31st)

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.”



Sheridan College – Brampton Campus

Address of Main Campus

7899 McLaughlin Road
Brampton ON L6Y 5H9
905-459-7533
www.sheridancollege.ca

Closest Diabetes Program

Peel Memorial Diabetes
Education Centre, Level 2 Zone C
Room 202, 20 Lynch Street
Brampton ON L6W 2Z8
905-863-2562

Closest Endocrinologist

Peel Memorial Diabetes
Education Centre, Level 2 Zone C
Room 202, 20 Lynch Street
Brampton ON L6W 2Z8
905-863-2562

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessible Learning Services Register online with Accessible Learning and call or email to make an appointment with an advisor. Tel: 905-459 7533 ext. 5168 Email: davis.als@sheridancollege.ca</p>	<p>Extra time, a quiet space to write, note taking supports, access to assistive technology, alternative formats for tests.</p>	<p>Counselling Services https://www.sheridancollege.ca/student-life/student-services/counselling-services Tel: 905-459-7533, ext. 5400</p>

Additional Diabetes or Social Supports: There are mental health supports at this college. For more information, please visit <https://www.sheridancollege.ca/student-life/student-services/health>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Sheridan Student Union Inc.	Sun Life Assurance Company of Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$8.00	\$5,000	2 months (September 1st to October 31st)

Additional Information: Plan covers insulin and insulin injectables.

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.”



Sheridan College – Mississauga Campus

Address of Main Campus
 4180 Duke of York Boulevard
 Mississauga ON L5B 0G5
 905-845-9430
www.sheridancollege.ca

Closest Diabetes Program
 Trillium Health Centre
 Diabetes Education Program
 15 Bronte College Court, 2n Fl.
 Mississauga ON L5B 1M9
 905-848-7545

Closest Endocrinologist
 Trillium Health Centre
 Diabetes Education Program
 15 Bronte College Court, 2n Fl.
 Mississauga ON L5B 0E7
 905-848-7545

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessible Learning Services Register online with Accessible Learning and call or email to make an appointment with an advisor. Tel: 905-845-9430 ext. 5737 Email: hmc.als@sheridancollege.ca</p>	<p>Extra time, a quiet space to write, note taking supports, access to assistive technology, alternative formats for tests.</p>	<p>Counselling Services https://www.sheridancollege.ca/student-life/student-services/counselling-services Tel: 905-459-7533 ext. 5400</p>

Additional Diabetes or Social Supports: There are mental health supports at this college. For more information, please visit <https://www.sheridancollege.ca/student-life/student-services/health>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Sheridan Student Union Inc.	Sun Life Assurance Company of Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$8.00	\$5,000	2 months (September 1st to October 31st)

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.”

“It is a very important transition as it will be the beginning of your experience with diabetes as an adult.”



St. Clair College

Address of Main Campus

2000 Talbot Road West
Windsor ON N9A 6S4
519-966-1656
www.stclaircollege.ca

Closest Diabetes Program

Windsor Regional Hospital
Nutrition and Endocrinology Clinic
1995 Lens Avenue
Windsor ON N8W 1L9
519-254-5577 ext. 52660

Closest Endocrinologist

Windsor Regional Hospital
1995 Lens Avenue
Windsor ON N8W 1L9
519-254-5577 ext.52660

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Accessibility Services</u> Complete Functional Limitations Form and call or email to schedule an appointment with an advisor. Tel: 519-972-2727 ext. 4226 Email: studentservices@stclaircollege.ca</p>	<p>Extra time (1.5x), alternative formats for course material, note taking supports, access to assistive technology, reduced course load.</p>	<p>Counselling Services https://www.stclaircollege.ca/student-services/counselling-services Tel: 519-972-2727 ext. 4226 Email: studentservices@stclaircollege.ca</p>

Additional Diabetes or Social Supports: There are on-campus supports including counselling and an extensive list of community supports at this college. For more information, please visit <https://www.stclaircollege.ca/student-services/mental-health>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Student Representative Council	WeSpeakStudent	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$8.00	\$5,000	Not Specified

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. Offers to save available at Shoppers Drug Mart and Rexall Pharmacy.

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!”



St. Jerome's University

Address of Main Campus
 290 Westmount Road North
 Waterloo ON N2L 3G3
 519-884-8111
www.sju.ca

Closest Diabetes Program
 Grand River Hospital
 Diabetes Education Centre
 Kaufman Building, Room 533
 40 Green Street
 Kitchener ON N2G 1G3
 519-749-4300 ext. 2622

Closest Endocrinologist
 Dr. L. Parlea
 564 Belmont Avenue West
 Kitchener ON N2M 5N6
 226-772-0001

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>AccessAbility Services Complete Disability Verification form and call or email to schedule an appointment with an advisor. Tel: 519-888-4567 ext.35082 Email: access@uwaterloo.ca</p>	<p>Develop an accommodations plan with an advisor.</p>	<p>Counselling Services https://uwaterloo.ca/campus-wellness/counselling-services Tel: 519-888-4096</p>

Additional Diabetes or Social Supports: There are wellness supports at this university. For more information, please visit <https://uwaterloo.ca/campus-wellness/> or mental health training at <https://uwaterloo.ca/campus-wellness/counselling-services/mental-health-training-opportunities>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of Waterloo Federation of Students	Sun Life Assurance Company of Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% or \$15.00 of cost (whichever is cheaper) plus any dispensing fee in excess of \$8.00	\$12,500	8 weeks (September 1st to October 31st)

Additional Information: Eligible expenses for blood glucose monitors for insulin dependent diabetics are covered up to \$120 per 5 years. Rexall offers 10% off co-pay up to \$40.

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!”



St. Lawrence College

Address of Main Campus

100 Portsmouth Avenue
Kingston ON K7L 5A6
613-544-5400
www.stlawrencecollege.ca

Closest Diabetes Program

Hotel Dieu Hospital
Diabetes Education and
Management Centre
166 Brock Street
Kingston ON K7L 5G2
613-544-3400 ext. 3590

Closest Endocrinologist

Kingston General Hospital
76 Stuart Street
Kingston ON K7L 2V7
613-548-3232

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Student Wellness and Accessibility Services</u> Complete Functional Assessment Form and call or email to schedule an appointment Tel: 613-544-5400 ext. 5504 Email: wellness@sl.on.ca</p>	<p>Extra time, a quiet room to write, alternative formats for course material, note taking supports, access to assistive technology.</p>	<p>Counselling Services https://www.stlawrencecollege.ca/services/student-wellness-and-accessibility/wellness-services-and-resources Tel: 613-544-5400 ext. 5504 Email: wellness@sl.on.ca</p>

Additional Diabetes or Social Supports: There are peer supports and spiritual care at this college. For more information, please visit <https://www.stlawrencecollege.ca/services/student-wellness-and-accessibility/wellness-services-and-resources/groups-for-wellness> and <https://www.stlawrencecollege.ca/services/student-life/spiritual-care-facilitator>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Student Association of St. Lawrence College	WeSpeakStudent	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$8.00	\$5,000	Not Specified

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. Offers to save available at Shoppers Drug Mart and Rexall Pharmacy.

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.”



St. Lawrence College – Cornwall Campus

Address of Main Campus

2 St. Lawrence Drive
Cornwall ON K6H 4Z1
613-933-6080
www.stlawrencecollege.ca

Closest Diabetes Program

Cornwall Community Hospital
Diabetes Education Centre
840 McConnell Avenue
Cornwall ON K6H 5S5
613-936-4615

Closest Endocrinologist

Dr. J. P. DeYoung
McConnell Medical Centre
820 McConnell Avenue, Ste 220
Cornwall ON K6H 4M4
613-938-2332

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Student Wellness and Accessibility Services</u> Complete Functional Assessment Form and call or email to schedule an appointment Tel: 613-933-6080 ext. 5504 Email: wellness@sl.on.ca</p>	<p>Extra time, a quiet room to write, alternative formats for course material, note taking supports, access to assistive technology.</p>	<p>Counselling Services https://www.stlawrencecollege.ca/services/student-wellness-and-accessibility/wellness-services-and-resources Tel: 613-933-6080 ext. 5504 Email: wellness@sl.on.ca</p>

Additional Diabetes or Social Supports: There are wellness workshops and spiritual care supports at this college. For more information, please visit <https://www.stlawrencecollege.ca/services/student-wellness-and-accessibility/wellness-services-and-resources/groups-for-wellness> and <https://www.stlawrencecollege.ca/services/student-life/spiritual-care-facilitator>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Student Association of St. Lawrence College	WeSpeakStudent	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$8.00	\$5,000	Not Specified

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. Offers to save available at Shoppers Drug Mart and Rexall Pharmacy.

Tips from our Alumni –

“Always have something to treat a low blood sugar and something that is a partial meal because transit delays can be 10 minutes to hours that cross over mealtimes.”



Address of Main Campus
 1600 West Bank Drive
 Peterborough ON K9J OG2
 1-855-698-7368
www.trentu.ca

Closest Diabetes Program
 Peterborough Regional Health
 Centre
 Diabetes Education Centre
 1 Hospital Drive
 Peterborough ON K9J 7C6
 705-876-5838

Closest Endocrinologist
 Peterborough Regional
 Health Centre
 1 Hospital Drive
 Peterborough ON K9J 7C6
 705-876-5838

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Student Accessibility Services</u> Email to request for Disability Documentation Form from SAS Tel: 705-748-1281 Email: sas@trentu.ca</p>	<p>Extra time, a quiet room to write, alternative formats for course material, note taking supports, access to assistive technology.</p>	<p>Counselling Services https://www.trentu.ca/wellness/counselling Tel: 705-748-1386 Email: counselling@trentu.ca</p>

Additional Diabetes or Social Supports: The Peer Support Program supports students through on campus activities and workshops at this university. For more information, please visit <https://www.trentu.ca/wellness/home/peer-support>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Trent Central Student Association	Medavie Blue Cross	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
30% plus any dispensing fee in excess of \$5.00	\$3,000	None

Additional Information: Plan covers diabetic supplies (test strips & needles), Glucometers may be covered under Other Health Coverage. Additional incentive to use Keep Direct2U - Generic Drug Coverage: 100% Coverage, Brand Name Drug Coverage: 70% 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.”



Tyndale University College and Seminary

Address of Main Campus

3377 Bayview Avenue
 Toronto ON M2M 3S4
 1877-896-3253
www.tyndale.ca

Closest Diabetes Program

Sunnybrooke Health Sciences
 Centre
 Diabetes Education Clinic
 2075 Bayview Avenue
 Toronto ON M4N 3M5
 416-480-4805

Closest Endocrinologist

Sunnybrooke Health Sciences
 Centre
 2075 Bayview Avenue
 Toronto ON M4N 3M5
 416-480-4805

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Student Accessibility Services Complete Disability Forms from website and email to Accessibility Services. Accessibility supports are based on the type of disability. Tel: 416-226-6620 ext. 2189 Email: accessibilityservice@tyndale.ca</p>	<p>Extra time, alternative formats for course material, note taking supports, access to assistive technology.</p>	<p>Counselling Services https://www.tyndale.ca/wellness/students Tel: 416.226.6620 ext. 2123 Email: counselling@tyndale.ca</p>

Additional Diabetes or Social Supports: There are faith based supports at this college. For more information, please visit <https://www.tyndale.ca/tsfc>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Student Health & Wellness Services	ClaimSecure Inc.	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$10.50	\$2,000	45-60 days

Additional Information: The Extended Coverage plan covers insulin injectables and supplies under pseudo din #910333 to a maximum of \$500 per benefit year.

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!”



University of Guelph

Address of Main Campus

50 Stone Road East
Guelph ON N1G 2W1
519-824-4120
www.uoguelph.ca

Closest Diabetes Program

Guelph Medical Place
Diabetes Care Guelph
83 Dawson Road
Guelph ON N1H 1B1
519-840-1964

Closest Endocrinologist

Dr. C. Purdon
21 Surrey Street West
Guelph ON N1H 3R3
519-763-6201

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Student Accessibility Services Complete new student intake form and functional assessment form online from Accessibility Services site and book an appointment online Tel: 519 824-4120 ext. 56208 Email: accessibility@uoguelph.ca</p>	<p>A quiet space to write, alternative formats for course material, note taking supports, access to assistive technology.</p>	<p>Counselling Services https://wellness.uoguelph.ca/services/counselling/what-expect Tel: 519-824-4120 ext. 52131 Email: tschmidt@uoguelph.ca or hpc@uoguelph.ca</p>

Additional Diabetes or Social Supports: There are peer volunteers and wellness activities available at this university. For more information, please visit <https://wellness.uoguelph.ca/services/counselling/counselling-resources/student-resources> and <https://wellness.uoguelph.ca/ssn>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Central Student Association	Canada Life	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
Dispensing Fee Only	\$5,000	45 days

Additional Information: Plan covers insulin injectibles, insulin supplies which include syringes, needles and diagnostic test strips.

Tips from our Alumni –

“Always pack more than you think you need... it is frustrating to always carry around, but it is frustrating and dangerous when you don't have enough. If something comes up and you want to stay on campus longer, you can do so without calculating if you have enough supplies.”



University of Guelph Humber

Address of Main Campus

207 Humber College Boulevard
Toronto ON M9W 5L7
416-798-1331
www.guelphhumber.ca

Closest Diabetes Program

William Osler Health Centre
Etobicoke Diabetes Education Ctr
101 Humber College Boulevard
Etobicoke ON M9V 1R8
416-747-3400 ext. 32393

Closest Endocrinologist

Dr. K. S. Qureshy
9401 Jane Street, Unit 123
Vaughan ON L6A 4H7
905-553-4232

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Accessibility Learning Services</u> Complete Medical Report Form and call or email to schedule an appointment with an advisor Tel: 416-675-5090 Email: accessible-learning@humber.ca</p>	<p>Extra time (1.5x and 2x), ability to write in a quiet space, access to assistive technology, alternative formats.</p>	<p>Counselling Services https://humber.ca/student-life/swac/health-counselling/counselling-services Tel: 416-675-5090</p>

Additional Diabetes or Social Supports: There are peer supports at this university. For more information, please visit <https://humber.ca/student-life/swac/peer-wellness-services>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
IGNITE	We Speak Student	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$10.50	\$2,000	None

Additional Information: Plan covers insulin, syringes, needles and diagnostic test strips, glucometers, alcohol swabs and lancets, to a maximum of \$500.00 per Insured per policy year (# 910333 for diabetic supplies). Enhanced Drug Plan is also available. Rexall offers 10% off co-pay up to \$40.

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.”



University of Ontario Institute of Technology

Address of Main Campus

2000 Simcoe Street North
Oshawa ON L1G 0C5
905-721-8668
www.ontariotechu.ca

Closest Diabetes Program

The Charles H. Best
Diabetes Centre
360 Columbus Road East
Whitby ON L1M 1Z5
905-620-0360

Closest Endocrinologist

The Charles H. Best
Diabetes Centre
360 Columbus Road East
Whitby ON L1M 1Z5
905-620-0360

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Student Accessibility Services</u> Complete online intake form on website. After Intake Form is completed you will be emailed to schedule an appointment with a SAS advisor. Tel: 905-721-3266 Email: studentaccessibility@ontariotechu.ca</p>	<p>Alternative formats for course material, note taking supports, access to assistive technology.</p>	<p><u>Counselling Services</u> https://studentlife.ontariotechu.ca/services/health-and-wellness/mental-health-services/counselling/index.php#tab1-2 Tel: 905-721-3392 Email: studentlifeline@ontariotechu.ca</p>

Additional Diabetes or Social Supports: There are peer supports at this university including Wellness Walks for students to gain physical and mental health support. For more information, please visit <https://studentlife.ontariotechu.ca/services/health-and-wellness/mental-health-services/groups-and-initiatives/mental-health-peer-mentors/index.php>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Ontario Tech Student Union	Canada Life	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$10.00	\$3,000	45 days

Additional Information: The plan covers insulin and diabetic supplies are covered to a maximum of \$200 per benefit year; insulin syringes, disposable needles for use with non-disposable insulin injection devices, lancets, and test strips.

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.”



University of Ottawa

Address of Main Campus

75 Laurier Avenue East
Ottawa ON K1N 6N5
613-562-5700
www.uottawa.ca

Closest Diabetes Program

The Ottawa Hospital
Foustanelas 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

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Student Academic Success Services</u> Register online on the Ventus portal. Students are encouraged to contact by email as soon as possible. Tel: 613-562-5159 Email: adapt@uottawa.ca</p>	<p>Extended time for exams, alternative formats for course material, note taking supports, access to assistive technology, reduced course load,</p>	<p>Counselling Services https://www2.uottawa.ca/campus-life/health-wellness/counselling-therapy Tel: 613-562-5498</p>

Additional Diabetes or Social Supports: There is a diabetes club on campus, for information please email uOttawa Team Diabetes at chair.uotd@gmail.com. The Wellness Lounge offers students workshops, counselling, wellness activities at this university. For more information, please visit <https://www2.uottawa.ca/campus-life/health-wellness/peer-support> and <https://www2.uottawa.ca/campus-life/health-wellness/wellness-lounge>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of Ottawa Students' Union (UOSU)	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$5.00	\$1,000	8 weeks (September 1st to October 31st)

Additional Information: Plan covers most medications legally requiring a prescription, and drugs that don't legally require a prescription, such as insulin and diabetic supplies. 10% off your costs (up to a max of \$40) at Rexall.

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.”



University of Sudbury

Address of Main Campus

935 Ramsey Lake Road
Sudbury ON P3E 2C6
705-673-5661
www.usudbury.ca

Closest Diabetes Program

Health Sciences North
Diabetes Care Service
865 Regent Street South
Sudbury ON P3E 3Y9
705-522-2200 ext. 6601

Closest Endocrinologist

Dr. B. Varghese
2009 Long Lake Road
Sudbury ON P3E 6C3
705-523-5663

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Accessibility Services are administered by Laurentian University. Register and book an appointment online. Tel: 705-675-1151 ext. 3324 Email: accessibilityservicesinfo@laurentian.ca</p>	<p>Extra time, nutrition breaks, note taking supports, access to assistive technology</p>	<p>Counselling Services https://laurentian.ca/counselling Tel: 705-673-6546 Email: counselling@laurentian.ca</p>

Additional Diabetes or Social Supports: Various clubs and student engagement at this university. For more information, please visit <https://laurentian.ca/student-associations>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Laurentian University Students' General Association	ClaimSecure Inc.	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$6.99	\$1,000	None

Additional Information: Plan covers diabetic supplies (\$1,500 per student year) under Medical Equipment, insulin; diabetic supplies: insulin syringes and needles; diagnostic reagents for the diagnosis and monitoring of diabetes; lancets.

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."



University of Toronto

Address of Main Campus

27 King's College Circle
 Toronto ON M5S 1A1
 416-978-2011
www.utoronto.ca

Closest Diabetes Program

Mount Sinai Hospital
 Joseph and Wolf Lebovic Health
 Complex
 60 Murray Street
 Toronto ON M5T 3L9
 416-586-4800 ext. 8465

Closest Endocrinologist

Mount Sinai Hospital
 Joseph and Wolf Lebovic Health
 Complex
 60 Murray Street
 Toronto ON M5T 3L9
 416-586-4800 ext. 8465

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Register online and complete intake form. After you submit a complete Student Intake Package, you will be contacted to schedule an appointment with an accessibility advisor. Tel: 416-978-8060 Email: accessibility.services@utoronto.ca</p>	<p>Reduced course load, alternative formats for course material (online versions, braille, enlarged formats), note taking supports, access to assistive technology.</p>	<p>Counselling Services https://studentlife.utoronto.ca/service/same-day-counselling-appointment/ Tel: 416-978-8030 Email: info.hwc@utoronto.ca</p>

Additional Diabetes or Social Supports: There are peer and wellness supports at this university. There is a College Diabetes Network Chapter at the University of Toronto. For more information, please visit <https://mentalhealth.utoronto.ca/> and <https://studentlife.utoronto.ca/task/students-supporting-students/> or <https://www.facebook.com/diabeteslinkuoft/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of Toronto Students' Union	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$5,000	8 weeks (September 1st to October 31st)

Additional Information: Plan covers diabetic testing agent 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.”



University of Toronto – Mississauga Campus

Address of Main Campus
 3359 Mississauga Road North
 Mississauga ON L5L 1C6
 905-569-4455
www.utm.utoronto.ca

Closest Diabetes Program
 Credit Valley Hospital
 Diabetes Care Centre
 2200 Eglinton Avenue West
 Mississauga ON L5M 2N1
 905-813-1576

Closest Endocrinologist
 Credit Valley Hospital
 2200 Eglinton Avenue West
 Mississauga ON L5M 2N1
 905-813-1576

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Register online and complete intake form. After you submit a complete Student Intake Package, you will be contacted to schedule an appointment with an accessibility advisor. Tel: 905-569-4699 Email: access.utm@utoronto.ca</p>	<p>Alternative formats for course material (online versions, braille, enlarged formats), note taking supports, access to assistive technology.</p>	<p>Counselling Services https://www.utm.utoronto.ca/health/our-services/personal-counselling Tel: 905-828-5255 Email: health.utm@utoronto.ca</p>

Additional Diabetes or Social Supports: There are wellness supports at this university. For more information, please visit <https://mentalhealth.utoronto.ca/> and <https://www.utm.utoronto.ca/health/wellness>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of Toronto Mississauga Students' Union (UTMSU)	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
10%	\$5,000	May incur (Period not Specified)

Additional Information: Plan covers insulin, syringes, needles, testing agents. Blood Glucose Meter and supplies \$700 per lifetime. Blood glucose meters, lancets, continuous and flash glucose monitoring systems also covered. Diabetic testing agents covered \$1000 per policy year (included in the \$5000 Prescription Drugs Maximum).

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

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>AccessAbility Services</u> Register online to complete intake form and submit a Student Intake Package. You will be contacted to book an appointment with an advisor. Tel: 416-287-7560 Email: ability@utsc.utoronto.ca</p>	<p>Alternative formats for course material (online versions, braille, enlarged formats), note taking supports, access to assistive technology.</p>	<p>Counselling Services https://www.utsc.utoronto.ca/hwc/counselling-supports-and-services Tel: 416-287-7065 Email: health.utsc@utoronto.ca</p>

Additional Diabetes or Social Supports: There is a diabetes club on campus, for information please email Diabetes Society (U of T Scarborough Campus) at diabetessociety.utsc@gmail.com. There are peer and wellness supports at this university including recreational activities, workshops, social clubs. For more information, please visit <https://www.utsc.utoronto.ca/hwc/mental-health-services-and-resources-utsc-students>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Scarborough Campus Students Union (SCSU)	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
Any dispensing/compounding fee per prescription or refill	\$5,000	September 1st to November 30th

Additional Information: Diabetic testing agents \$500 per benefit year (included in the \$5,000 Prescription Drugs Maximum); insulin, syringes, needles, and testing agents are covered. Blood Glucose Meter and supplies \$700 per lifetime. Extended Health Care covers continuous and flash glucose monitoring systems and supplies.

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.”



University of Waterloo

Address of Main Campus
 200 University Avenue West
 Waterloo ON N2L 3G1
 519-888-4567
www.uwaterloo.ca

Closest Diabetes Program
 Grand River Hospital
 Diabetes Education Centre
 40 Green Street
 Kitchener ON N2G 4K9
 519-749-4300 ext. 2622

Closest Endocrinologist
 Dr. L. Parlea
 564 Belmont Avenue West
 Kitchener ON N2M 5N6
 226-772-0001

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>AccessAbility Services</u> Complete Online Form, after forms submitted you will be invited to meet an Accommodations Consultant Tel: 519-888-4567 Ext. 35082 Email: access@uwaterloo.ca</p>	<p>Develop an accommodations plan with an advisor.</p>	<p>Counselling Services https://uwaterloo.ca/campus-wellness/counselling-services Tel: 519-888-4096</p>

Additional Diabetes or Social Supports: There are wellness supports at this university. For more information, please visit <https://uwaterloo.ca/campus-wellness/> or mental health training at <https://uwaterloo.ca/campus-wellness/counselling-services/mental-health-training-opportunities>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of Waterloo Federation of Students	Sun Life Assurance Company of Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$8.00	\$12,500	September 1st to October 31st

Additional Information: Plan covers blood glucose monitors to a maximum of \$120.00 every 5 years. Aside from dispensing fee, one must pay 20% of the ingredient cost or \$15, whichever is least.

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.”



University of Windsor

Address of Main Campus

401 Sunset Avenue
Windsor ON N9B 3P4
519-253-3000
www.uwindsor.ca

Closest Diabetes Program

Windsor Regional Hospital
Nutrition and Endocrinology Clinic
1995 Lens Avenue
Windsor ON N8W 1L9
519-254-5577 ext. 52660

Closest Endocrinologist

Windsor Regional Hospital
1995 Lens Avenue
Windsor ON N8W 1L9
519-254-5577 ext. 52660

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Student Accessibility Services Complete intake/registration online and email to set up a meeting with an advisor. Tel: 519-253-3000 ext. 6172 Email: sas@uwindsor.ca</p>	<p>A quiet space to write, nutrition breaks if requested, access assistive technology, access to alternative formats</p>	<p>Counselling Services https://www.uwindsor.ca/wellness/304/counselling Tel: 519-253-3000 ext 4616 Email: scc@uwindsor.ca</p>

Additional Diabetes or Social Supports: There is a diabetes club on campus, for information please email Diabetes Link (University of Windsor) at uwindsor@thediabeteslink.org. There are peer health volunteer supports at this university. For more information, please visit <https://uwsa.ca/2020/02/05/peer-support-centre-recruiting/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of Windsor Students' Alliance	Desjardins Insurance	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$8.00	\$3,000	September 1st to October 31st

Additional Information: Plan covers diabetes supplies. 10% off your prescription drug costs (up to a max of \$40) at Rexall.

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.”



Address of Main Campus

1151 Richmond Street
London ON N6A 3K7
519-661-2111
www.uwo.ca

Closest Diabetes Program

St. Joseph's Health Care London
Diabetes Education Centre
Rm B5-502
268 Grosvenor Street
London ON N6A 4V2
519-661-1600

Closest Endocrinologist

St. Joseph's Health Care London
268 Grosvenor Street Rm B5-502
London ON N6A 4V2
519-646-6100 ext. 66349

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessible Education Register for Accessible Education on the website. Appointments will be delivered via phone, email or virtually. Tel: 519-661-2147 Email: aew@uwo.ca</p>	<p>Extended time, a quiet space to write exams.</p>	<p>Mental Health Support https://www.uwo.ca/health/psych/index.html Tel: 519-661-3030</p>

Additional Diabetes or Social Supports: There are many peer supports available for students including recreational focused, counselling, peer-to-peer, first year student supports and workshops on wellness topics. There is a diabetes club on campus, for information please email Western Diabetes Association at wda.club@westernusc.ca. For more information, please visit <https://westernusc.ca/executive-roadmap/peer-support-health-wellness/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University Students' Council of the University of Western Ontario	Canada Life Assurance Company	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$9.64	\$3,000	None

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!”



Anderson College (Westervelt College)

Address of Main Campus

303 Richmond Street, London,
Ontario N6B 2H8, Canada
833-787-1885
www.andersoncollege.com/westervelt

Closest Diabetes Program

St. Joseph's Health Care London
Diabetes Education Centre
268 Grosvenor Street
London ON N6A 4V2
519-661-1600

Closest Endocrinologist

St. Joseph's Health Care London
Diabetes Education Centre
268 Grosvenor Street
London ON N6A 4V2
519-661-1600

On-Campus Services Available

- ✘ Campus Clinic
- ✘ Mental Health Support Services
- ✘ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✘ Health Insurance Plan
- ✘ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Fill out online form on website to request for a call with an Admissions or call/email Accessibility Services directly Tel: 1-833-787-1885 Email: info@westerveltcollege.com</p>		N/A

Additional Diabetes or Social Supports: There are no social or diabetes supports at this college

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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!”



Wilfrid Laurier University

Address of Main Campus

75 University Avenue West
Waterloo ON N2L 3C5
519-884-1970
www.wlu.ca

Closest Diabetes Program

Grand River Hospital
Diabetes Education Centre
40 Green Street
Kitchener ON N2G 4K9
519-749-4300 ext. 2622

Closest Endocrinologist

Dr. L. Parlea
564 Belmont Avenue West
Kitchener ON N2M 5N6
226-772-0001

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Accessible Learning Centre</u> Complete online registration form, submit required documents and wait for appointment with ALC consultant via email</p> <p>Tel: 519-884-0710 ext. 3086 Email: accessible_learning@wlu.ca</p>	<p>Nutrition breaks, access assistive technology, access to alternative formats.</p>	<p>Mental Health and Counselling https://students.wlu.ca/wellness-and-recreation/health-and-wellness/services/mental-health.html</p> <p>Tel: 519-884-0710 ext. 3146 Email: wellness@wlu.ca</p>

Additional Diabetes or Social Supports: The Centre for Student Equity, Diversity and Inclusion offers supports on various social topics for students to gain educational resources at this university. For more information, please visit <https://students.wlu.ca/student-life/diversity-and-equity/index.html>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Wilfrid Laurier University Students' Union	Medavie Blue Cross	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20% plus any dispensing fee in excess of \$8	\$3,500	None

Additional Information: Diabetic Supplies, test strips, needles, glucometers may be covered under Extended Health. Physician's prescription required for Medical Equipment & Supplies (\$500/benefit year) under Extended Health Care. In addition, 90% coverage with \$8 dispensing fee for Direct2U Virtual Pharmacy, University Pharmacy, & FreshCo. Pharmacy.

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.”



Address of Main Campus

4700 Keele Street
Toronto ON M3J 1P3
416-736-2100
www.yorku.ca

Closest Diabetes Program

North York General Hospital
Adult Diabetes Education Centre
555 Finch Avenue West
North York ON M2R 1N5
416-756-6923

Closest Endocrinologist

North York General Hospital
555 Finch Avenue West
North York ON M2R 1N5
416-756-6923

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Student Accessibility Services (SAS)</u> Collect your disability document and register with the online Student Accessibility Services Portal. You will be contacted by Accessibility Counsellor. Tel: 416-736-5755 Email: sasinfo@yorku.ca</p>	<p>Extended time, access assistive technology, access to alternative formats, reduced course load.</p>	<p>Counselling Services https://counselling.students.yorku.ca/individual-counselling Tel: 416-736-5297</p>

Additional Diabetes or Social Supports: There are various wellness and peer supports including workshops, counselling, activities at this university. The Diabetes On Campus provides peer support for students in the diabetes community. For more information, please visit <https://www.yfswellness.ca/> and <https://www.facebook.com/diabetesoncampus/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
York Federation of Students	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$1,000	First few weeks at start of each semester

Additional Information: "Plan covers insulin and all other injectables, syringes, needles and testing agents. Diabetes equipment to a maximum of \$500.00 per policy year is covered. Extended Health Care covers continuous and flash glucose monitoring systems and supplies. For info: <https://static1.squarespace.com/static/534d4d15e4b0458a1fec3b4e/t/6310f85c319a251c0f880dea/1662056540448/Benefits+booklet+22%3A23.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."



York University - Glendon Campus

Address of Main Campus

2275 Bayview Avenue
Toronto, ON M4N 3M6
416-736-2100
www.glendon.yorku.ca

Closest Diabetes Program

Sunnybrook Academic Family Health Team
Diabetes Education Program
2075 Bayview Ave, Unit A120
Toronto, ON M4N 3M5
416-480-4805

Closest Endocrinologist

Sunnybrook Health Sciences Centre
2075 Bayview Avenue
North York ON M4N 3M5
416-480-5914

On-Campus Services Available

- ✘ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Accessibility, Well-Being and Counselling Centre</u></p> <p>Complete medical documentation form and online Glendon Accessibility Registration Form. You will be contacted after to schedule an intake appointment.</p> <p>Tel: 416-487-6709</p> <p>Email: counselling@glendon.yorku.ca</p>	<p>Extended time, access assistive technology, access to alternative formats, reduced course load.</p>	<p>Counselling Services</p> <p>https://www.glendon.yorku.ca/counselling/personal-counselling/what-is-counselling/</p> <p>Tel: 416-487-6709</p> <p>Email: counselling@glendon.yorku.ca</p>

Additional Diabetes or Social Supports: The Accessibility and Well-Being Center offers mental health checks, counselling, and online wellness support. For more information, please visit <https://www.glendon.yorku.ca/student-affairs/mental-health-wellness/> or <https://www.glendon.yorku.ca/counselling/personal-counselling/community/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
York Federation of Students	Green Shield Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$1,000	First few weeks at start of each semester

Additional Information: Plan covers insulin and all other injectables, syringes, needles and testing agents. Diabetes equipment to a maximum of \$500.00 per policy year is covered. Extended Health Care covers continuous and flash glucose monitoring systems and supplies. For info: <https://static1.squarespace.com/static/534d4d15e4b0458a1fec3b4e/t/6310f85c319a251c0f880dea/1662056540448/Benefits+booklet+22%3A23.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.”

11

**PRINCE EDWARD
ISLAND**

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 (HMSP)

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:

<https://www.princeedwardisland.ca/en/information/health-pei/diabetes-drug-program>.

Insulin Pump Program (IPP)

Prince Edward Island Insulin Pump Program allows youth under the age of 25, 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 100 per cent coverage to assist with the cost of the pump and monthly pump supplies (including infusion sets, reservoirs, site inserts, skin adhesives 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 25
- 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>.



Collège Acadie Î.-P.-É

Address of Main Campus
 48, Mill Road. P.O. Box 159
 Wellington, PEI C0B 2E0
 902-854-3010
www.collegedelile.ca

Closest Diabetes Program
 East Prince Diabetes Program
 Harbourside Health Centre
 243 Heather Moyse Drive
 Summerside, PE C1N 5R1
 902 432-2600

Closest Endocrinologist
 Summerside Medical Centre
 475 Granville Street North,
 Summerside, PE C1N 3N9
 902-432-8181

On-Campus Services Available

- ✘ Campus Clinic
- ✘ Mental Health Support Services
- ✘ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✘ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Centre de la réussite étudiante</u> Admissions and accessibility concerns can be indicated on the general admission form. Also call or email to schedule an appointment with an advisor. Tel: 902-888-8809 Email: kim.stump@collegedelile.ca</p>		N/A

Additional Diabetes or Social Supports: There are no social or diabetes supports at this college

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Holland College Student Union	The Campus Trust	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$3,000	Not Specified

Additional Information: Plan covers insulin, syringes, needles, lancets and diagnostic reagents specific to the diagnosis and monitoring of diabetes. Medical equipment is covered \$1,500 for diabetic supplies.

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.”



Holland College

Address of Main Campus

140 Weymouth Street
Charlottetown PE C1A 4Z1
1-800-446-5265
hollandcollege.com/

Closest Diabetes Program

Sherwood Business Centre
Queen East Diabetes Program
161 St. Peters Road
Charlottetown PE C1A 7N8
902-368-4959

Closest Endocrinologist

Sherwood Business Centre, Queen
East Diabetes Program
161 St. Peters Road
Charlottetown PE C1A 7N8
902-368-4959

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Academic Support Please check “Yes” in the Students with Learning Needs section of the Program application, and include relevant documentation, then contact Academic Support Services Tel: 902-609-4237 Email: vcrane@hollandcollege.com</p>	<p>Contact Academic Support for more details</p>	<p>Counselling Services https://hollandcollege.com/campus-life/counselling-services.html Tel: 902-388-6744 Email: ckrobertson@hollandcollege.com</p>

Additional Diabetes or Social Supports: There are no social or diabetes supports at this college

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Holland College Student Union	The Campus Trust	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
30%	\$3,000	Not Specified

Additional Information: Plan covers insulin, syringes, needles, lancets and diagnostic reagents specific to the diagnosis and monitoring of diabetes. Diabetic supplies is covered under Medical Equipment for \$1,500 per year.

Tips from our Alumni –

“Please eat breakfast! It sounds SO obvious but the rest of the day will fly by and campus food stores are packed most of the time. Think of things that you can eat on the go (on the bus, between classes) that you can bring from home. And look at your class schedule for the day to choose when you’re going to eat. Going low in class bc you skipped a meal isn’t any fun and forces you to catch up later”



Maritime Christian College

Address of Main Campus

9 Lilac Avenue
Charlottetown PEI C1A 6L1
902-628-8887
www.mccpei.com

Closest Diabetes Program

Sherwood Business Centre
Queen East Diabetes Program
161 St. Peter's Road
Charlottetown PE C1A 7N8
902-368-4959

Closest Endocrinologist

Sherwood Business Centre
Queen East Diabetes Program
161 St. Peter's Road
Charlottetown PE C1A 7N8
902-368-4959

On-Campus Services Available

- ✘ Campus Clinic
- ✘ Mental Health Support Services
- ✘ Social Support for Students with Diabetes
- ✘ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Admissions Call to schedule an appointment with an admissions representative. Tel: 902-628-8887	No information available	N/A

Additional Diabetes or Social Supports: There are no social or diabetes supports at this college

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of PEI Student Union	The Campus Trust	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
10%	\$2,000	Not Specified

Additional Information: Plan covers insulin, syringes, needles, lancets and diagnostic reagents specific to the diagnosis and monitoring of diabetes. Diabetic supplies covered under Medical Equipment (\$1,500 per year).

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.

Don’t be afraid to tell people and ask for help! You’re not an inconvenience to anyone”



University of Prince Edward Island

Address of Main Campus
 550 University Avenue
 Charlottetown PE C1A 4P3
 902-628-4353
www.upei.ca

Closest Diabetes Program
 Sherwood Business Centre
 Queen East Diabetes Program
 161 St. Peters Road
 Charlottetown PE C1A 7N8
 (902) 368-4959

Closest Endocrinologist
 Sherwood Business Centre
 Queen East Diabetes Program
 161 St. Peters Road
 Charlottetown PE C1A 7N8
 (902) 368-4959

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Accessibility Services</u> Complete Medical Verification Form and Student Accommodation Form and schedule appointment online on web portal Tel: 902-566-0668 Email: accessibility@upei.ca</p>	<p>Extra time (1.5x, 2x and 3x time available), use of technology, reduced distraction test environment, breaks, alternate formats and limit the number of exams in a day</p>	<p>Counselling Services https://www.upei.ca/student-affairs/counselling Tel: 902-566-0488 Email: studentserv@upei.ca</p>

Additional Diabetes or Social Supports: There is one-to-one tutoring and peer mentoring services available through Academic Accommodations and Student Support Services at this university. For more information, please visit <https://www.upei.ca/accessibility/accommodation>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of PEI Student Union	The Campus Trust	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
10%	\$2,000	Not Specified

Additional Information: Plan covers insulin, syringes, needles, lancets and diagnostic reagents specific to the diagnosis and monitoring of diabetes. Medical equipment is covered \$1,500 for diabetic supplies.

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 Régie 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

Physicians	→	All medically required services provided by a physician, including Endocrinologists.
Diabetes Supplies and Insulin	→	Uninsured by RAMQ. Coverage under Prescription Drug Plan. Coverage also under IPRP – 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 exams provided by an Ophthalmologist or Optometrist for all those with medical conditions which require regular eye exams; including diabetes.

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 breast forms 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

Prescription Drug Insurance

*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.

For more information please visit:

<http://www.ramq.gouv.qc.ca/en/citizens/prescription-drug-insurance>.

Insulin Pump Access 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 covered by Québec's public health insurance plan. 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: <https://www.quebec.ca/sante/problemes-de-sante/a-z/diabete/programme-d-acces-aux-pompes-a-insuline>.



Bishops University

Address of Main Campus

2600 College Street
Sherbrooke QC J1M 1Z7
819-822-9600
www.ubishops.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
819-822-6731

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Student Accessibility and Accommodation Services</u> Register on website, submit disability verification form and email to set up an appointment with a SAAS Coordinator. Tel: 819-822-9695 Email: accessibility@ubishops.ca</p>	<p>Online exams, stop time and use of adaptive technology. Accommodated exams are requested online through accessibility services.</p>	<p>Mental Health (Student Services) https://www.ubishops.ca/student-services/mental-health/ Tel: 819-822-9695 Email: studentservices@ubishops.ca</p>

Additional Diabetes or Social Supports: There are counselling, health and wellness, academic coaching and transition support programs at this university. To see a full list, please visit <https://www.ubishops.ca/student-services/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Bishop's University Students' Representative Council	Desjardins Insurance	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
0% for Québec Residents Only – 20% For All Other Canadian Residents	\$10,000	September 1st to October 31st

Additional Information: Plan covers insulin and glucometer purchase or rental, up to a lifetime maximum of \$700 per insured person (with medical recommendation).

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.”



Concordia University

Address of Main Campus

1455 Boulevard de
Maisonneuve O
Montreal, QC H3G 1M8
514-848-2424
www.concordia.ca

Closest Diabetes Program

Montreal General Hospital Diabetes
Clinic
1650 Cedar Avenue
Montreal QC H3G 1A4
514-934-1934

Closest Endocrinologist

Montreal General Hospital Diabetes
Clinic
1650 Cedar Avenue
Montreal QC H3G 1A4
514-934-1934

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Access Centre for Students with Disabilities</u> Email a physician's letter to the ACSD. After documentation review, you will be contacted for an intake appointment. Tel: 514-848-2424 ext. 3525 Email: acsd.intake@concordia.ca</p>	<p>Online and take home exams, extra time and assistive technology.</p>	<p>Health & Wellness https://www.concordia.ca/health/mental-health.html Tel: 514-848-2424 ext. 3547 Email: howard.magonet@concordia.ca</p>

Additional Diabetes or Social Supports: There is an extensive list of health and wellness programs at this university, including one-to-one counseling, nutritional counseling and access to health promotion specialists. For more information, please visit <https://www.concordia.ca/health/healthy-living.html>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Concordia Student Union	Desjardins Insurance	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
0% for Québec Residents Only – 20% For All Other Canadian Residents	\$50,000	September 1st to October 31st

Additional Information: Extended Health Care covers glucometers or reflectant meters: purchase or rental, up to lifetime payable amount of \$700 per insured person and insulin pumps. 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.”



École de Technologie Supérieure

Address of Main Campus
 1100 Rue Notre-Dame Ouest
 Montreal QC H3C 1K3
 514-396-8888
www.etsmtl.ca

Closest Diabetes Program
 Hôpital HÔTEL-DIEU
 3840 rue Saint-Urbain Pavillon
 Jeanne-Mance 4e
 Montréal QC H2W 1T8
 514-890-8000

Closest Endocrinologist
 Hôpital HÔTEL-DIEU
 3840 rue Saint-Urbain Pavillon
 Jeanne-Mance 4e
 Montréal QC H2W 1T8
 514-890-8000

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Student Life Services Make an appointment in person, by phone or email with a learning assistance and support practitioner Tel: 514-396-8942 Email: sve.esh@etsmtl.ca</p>	<p>Extra time, remote/online exams, specialized software for completing tests/exams online, specialized cubicles to complete on-site exams</p>	<p>Psychological Assistance https://www.etsmtl.ca/en/activities-and-services/students-services/psychological-assistance Tel: 514-396-8942 Email: sve@etsmtl.ca</p>

Additional Diabetes or Social Supports: There are French language training support, tutoring services and remote/online learning options. To see full list of student supports, please visit <https://www.etsmtl.ca/en/activities-and-services>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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.”



École des Hautes Études Commerciales de Montréal

Address of Main Campus

3000 Chemin de la Côte-
Sainte Catherine
Montreal QC H3T 2A7
514-340-6000
www.hec.ca

Closest Diabetes Program

Hôpital HÔTEL-DIEU
3840 rue Saint-Urbain Pavillon
Jeanne-Mance 4e
Montréal QC H2W 1T8
514-890-8000

Closest Endocrinologist

Hôpital HÔTEL-DIEU
3840 rue Saint-Urbain Pavillon
Jeanne-Mance 4e
Montréal QC H2W 1T8
514-890-8000

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Support for Disabled Students Schedule an in-person or virtual appointment online on the website. A physician's letter is required for first intake appointment. Tel: 514-340-6166 Email: sae.soutienhandicap@hec.ca</p>	<p>Accommodations are customized for each student</p>	<p>Psychological Support https://www.hec.ca/en/students/support-resources/psychological-support/ Tel: 514-340-6166 Email: sae.soutien@hec.ca</p>

Additional Diabetes or Social Supports: This is a school for Executive Education and there are unique networking and career development supports at this college. To see a full list of student supports, please visit <https://www.hec.ca/en/students/support-resources/index.html>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
L'Association des Étudiants de HEC Montréal	Desjardins Insurance	September 1 – August 31 of each school year
Co-Pay	Maximum Coverage/Year	Blackout Period
Not specified	\$10,000	September 1st to October 31st

Additional Information: Medical supplies necessary for the treatment of diabetes are covered such as syringes, alcohol swabs, needles. Some coverage for insulin pumps, no other specifics given.

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.”



École Nationale d'Administration Publique

Address of Main Campus
 555 Boulevard Charest East
 Quebec QC G1K 9E5
 418 641-3000
www.enap.ca

Closest Diabetes Program
 Centre Hospitalier Université Laval
 Clinique du Diabète
 2705 Boulevard Laurier
 Quebec QC G1V 4G2
 418-654-2741

Closest Endocrinologist
 Centre Hospitalier Université Laval
 2705 Boulevard Laurier Quebec
 QC G1V 4G2
 418-654-2169

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Students with a Disability Email or book an appointment online with a Student Services Advisor. After eligibility is assessed, an intervention plan will be developed based on disability. Tel: 1-800-808-3627 ext. 6257 Email: sae@enap.ca</p>	<p>Accommodations are customized for each student</p>	<p>Psychological Help https://enap.ca/enap/426/Aide_psychologique.enap Tel: 514 849-3989 or 418-641-3000 ext. 6256 Email: sae@enap.ca or sabrina.gauthier-houle@enap.ca</p>

Additional Diabetes or Social Supports: There are virtual cafes, workshops and peer mentorship program to support student's success. For more information about the mentorship program, please visit https://enap.ca/enap/15703/Programme_de_mentorat.enap

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Association Étudiante de l'ÉNAP	Desjardins Insurance	September 1 – August 31 of each school year
Co-Pay	Maximum Coverage/Year	Blackout Period
Not specified	\$10,000	September 1st to October 31st

Additional Information: Plan covers glucometers with medical recommendation of purchase or rental of a device lifetime maximum of \$700. Some coverage for insulin pump supplies, no other specifics given.

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.”



École Polytechnique de Montréal

Address of Main Campus

2500 Chem. de Polytechnique,
Montreal, QC H3T 1J4
514-340-4711
www.polymtl.ca

Closest Diabetes Program

Hôpital HÔTEL-DIEU
3840 rue Saint-Urbain Pavillon
Jeanne-Mance 4e
Montréal QC H2W 1T8
514-890-8000

Closest Endocrinologist

Hôpital HÔTEL-DIEU
3840 rue Saint-Urbain Pavillon
Jeanne-Mance 4e
Montréal QC H2W 1T8
514-890-8000

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Support for students with disabilities</u></p> <p>Make an appointment via email with an Advisor for Students with Disabilities</p> <p>Email: sep-esh@polymtl.ca</p>	<p>An individualized intervention plan is put in place for specialized support</p>	<p>Individual Consultations</p> <p>https://etudiant.polymtl.ca/soutien/consultations-individuelles</p> <p>Email: sep-reussite@polymtl.ca</p>

Additional Diabetes or Social Supports: Peer Tutoring and Peer Mentorship programs are available at this university

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Association Étudiante de Polytechnique	Desjardins Insurance	September 1 – August 31 of each school year
Co-Pay	Maximum Coverage/Year	Blackout Period
Not specified	\$10,000	September 1st to October 31st

Additional Information: Plan covers glucometers with medical recommendation of purchase. Some coverage for insulin pump supplies, no other specifics given.

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.”



Institute National de la Recherche Scientifique

Address of Main Campus

490 Couronne Street
 Quebec QC G1K 9A9
 418-654-4677
www.inrs.ca

Closest Diabetes Program

Centre Hospitalier Université Laval
 Clinique du Diabète
 2705 Boulevard Laurier
 Quebec QC G1V 4G2,
 418-654-2741

Closest Endocrinologist

Centre Hospitalier
 Université Laval
 2705 Boulevard Laurier
 Quebec QC G1V 4G2
 418-654-2741

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Student Services Email Student Life services to schedule an appointment with Coordinator. Accommodations are personalized for each student depending on their disability. Tel: 418-654-1801 Email: bbve.sesre@inrs.ca or sve@inrs.ca	Contact Student Services for more details	Psychological, Psychosocial and Learning Support https://inrs.ca/en/inrs/community-services/psychological-psychosocial-learning-support/#assistance Email: cime@inrs.ca

Additional Diabetes or Social Supports: French language support/training and student mentorship program is available at this college. For more information about the mentorship program, please visit <https://inrs.ca/en/studies/student-life-services/student-mentorship-program/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Fédération des étudiants de l'INRS	Desjardins Insurance	September 1 – August 31 of each school year
Co-Pay	Maximum Coverage/Year	Blackout Period
0%	\$10,000	Not specified

Additional Information:

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!”



Address of Main Campus

2325 Rue de l'Université
Quebec QC G1V 0A6
418-656-2131
www.ulaval.ca

Closest Diabetes Program

Centre Hospitalier Université Laval
Clinique du Diabète
2705 Boulevard Laurier
Sainte-Foy QC G1V 4G2
418-654-2741

Closest Endocrinologist

Centre Hospitalier Université Laval
2705 Boulevard Laurier
Sainte-Foy QC G1V 4G2
418-654-2741

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Pavillon Maurice Pollack Student Support Centre</u> Register online at the academic services or accommodations website. Upload required medical documentation to submit the appointment form. Tel: 418-656-2880 Email: acsesh@aide.ulaval.ca</p>	<p>Academic accommodations are determined in consultation with an advisor</p>	<p>Student Help Centre https://www.aide.ulaval.ca/psychologie/demande-d-aide/ Tel: 418-656-7987</p>

Additional Diabetes or Social Supports: The Student Aid Center offers a specialized orientation service for students with disabilities (SWD). For more information, please visit <https://www.aide.ulaval.ca/service-specialise-dorientation/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
L'Association des étudiantes et des étudiants de Laval inscrits aux études supérieures	Desjardins Insurance	September 1 – August 31 of each school year
Co-Pay	Maximum Coverage/Year	Blackout Period
0%	\$10,000	September 1st to October 31st

Additional Information: Plan covers glucometers with medical recommendation of purchase or rental of a device lifetime maximum of \$700.

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.”



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

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Office for Students with Disabilities Book in-person or virtual appointment through online appointment booking page. A completed OSD referral form from your physicia is required. Tel: 514-398-6009 (option #1 or #3) Email: access.achieve@mcgill.ca</p>	<p>Online exams, use of adaptive software/technology, take home exam, stop breaks and accomodated exams in a different building</p>	<p>Student Wellness Hub https://www.mcgill.ca/wellness-hub/ Tel: 514-398-6017 Email: hub.clinic@mcgill.ca</p>

Additional Diabetes or Social Supports: The student wellness hub includes nurses, medical support, access counsellors, nutritionists, mental health supports and healthy active living specialists. For more information, please visit <https://www.mcgill.ca/wellness-hub/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Students' Society of McGill University	Desjardins Insurance	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
0% for Québec Residents Only – 20% For All Other Canadian Residents	\$50,000	September 1st to October 31st

Additional Information: Extended Health Care covered glucometer (up tp lifetime of \$700) and insulin pumps. 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.”



Sherbrooke University

Address of Main Campus

2500 Boulevard de l'Université
Sherbrooke QC J1K 2R1
819-821-8000
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

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Student with Disabilities Register online with disability services (medical documentation required) and schedule an appointment online on the website. Tel: 819-821-7997 Email: prog.integration@USherbrooke.ca</p>	<p>Collaborate with disabilities advisor to develop personalized intervention plan</p>	<p>Psychology Services https://www.usherbrooke.ca/etudiants/sante-et-aide-a-la-personne/psychologie Tel: 819-821-7666 Email: spo@USherbrooke.ca</p>

Additional Diabetes or Social Supports: Student services include individual counseling, peer tutoring support, and workshops that promote wellbeing and academic success. For more information, please visit <https://www.usherbrooke.ca/etudiants/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Fédération Étudiante de L'Université de Sherbrooke	Humania Insurance	September 1 – August 31 of each school year
Co-Pay	Maximum Coverage/Year	Blackout Period
0%	\$10,000	September 1st to October 31st

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.”



Address of Main Campus

455 Rue du Parvis
 Quebec QC G1K 9H6
 1-888-843-4333
www.teluq.ca

Closest Diabetes Program

Hôpital HÔTEL-DIEU
 3840 rue Saint-Urbain Pavillon
 Jeanne-Mance 4e
 Montréal QC H2W 1T8
 514-890-8141

Closest Endocrinologist

Hôpital HÔTEL-DIEU
 3840 rue Saint-Urbain Pavillon
 Jeanne-Mance 4e
 Montréal QC H2W 1T8
 514-890-8141

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Student Services Complete the Application for Support for Students with Disabilities online. An advisor will contact you after your form is submitted. Tel: 1-800-665-4333 ext 5316</p>	<p>Additional time for exams and assignments, use of adaptive technology and online exams</p>	<p>Psychosocial Help https://www.teluq.ca/site/services/sante-mentale.php Email: https://univ.teluq.ca/MaTELUQ/Site/DossierAdministratif/SoutienPsychosocial.aspx</p>

Additional Diabetes or Social Supports: There are no social or diabetes specific supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No coverage	No coverage	No coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No coverage	No coverage	No coverage

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.”

Familiarize yourself with the area around your campus, be aware of your options for food, and services for help.”



University of Montreal

Address of Main Campus

2900 Boulevard Edouard-Monpetit
Montreal QC H3T 1J4
514-343-6111
www.umontreal.ca

Closest Diabetes Program

Montreal General Hospital
Diabetes Clinic
1650 Cedar Avenue
Montreal QC H3G 1A4
514-934-8488

Closest Endocrinologist

Montreal General Hospital
Diabetes Clinic
1650 Cedar Avenue
Montreal QC H3G 1A4
514-934-8488

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Support for students with disabilities</u></p> <p>Complete online Support for Students with Disabilities registration form to schedule an appointment with an advisor</p> <p>Tel: 514-343-7928</p> <p>Email: soutienhandicap@sve.umontreal.ca</p>	<p>Contact Support for students with disabilities for more details</p>	<p>Health and Wellbeing</p> <p>https://vieetudiante.umontreal.ca/sante-bien-etre/soutien-psychologique/consultation-psychologie</p> <p>Tel: 514-343-6452</p> <p>Email: https://forms.sae.umontreal.ca/index.php?r=survey/index&sid=354754&newtest=Y&lang=fr</p>

Additional Diabetes or Social Supports: Student life services offer a health and psychological consultation center where you can consult doctors , psychologists , nurses , nutritionists and physiotherapists , telepractically or face-to-face. For more information, please visit <https://vieetudiante.umontreal.ca/sante-bien-etre>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Fédération Des Associations Étudiantes Du Campus De L'Université De Montréal	Desjardins Insurance	September 1 – August 31 of each school year
Co-Pay	Maximum Coverage/Year	Blackout Period
0%	\$10,000	September 1st to October 31st

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.”



Université du Québec

Address of Main Campus
 405 Rue Sainte-Catherine Est
 Montreal QC H2L 2C4
 514-987-3000
www.uqam.ca

Closest Diabetes Program
 Hôpital HÔTEL-DIEU
 3840 rue Saint-Urbain Pavillon
 Jeanne-Mance 4e
 Montréal QC H2W 1T8
 514-890-8141

Closest Endocrinologist
 Hôpital HÔTEL-DIEU
 3840 rue Saint-Urbain Pavillon
 Jeanne-Mance 4e
 Montréal QC H2W 1T8
 514-890-8141

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Support for students with disabilities (SESH)</u> Email to have your needs assessed, in order to determine the support measures or arrangements that could help you. Tel: 514-987-3148 Email: situation.handicap@uqam.ca</p>	<p>Additional time, take exams in a separate room or online exams, online exam requests need to be made for each exam</p>	<p>Advice and Support https://vie-etudiante.uqam.ca/conseils-soutien/psycho/consultation-individuelle.html Tel: 514-987-3185 Email: services-conseils@uqam.ca</p>

Additional Diabetes or Social Supports: Student Life Centre includes a range of orientation activities, advice and support, sports and health programming. For more information, please visit <https://vie-etudiante.uqam.ca/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Depends on Faculty Student Association	Desjardins Insurance	September 1 – August 31 of each school year
Co-Pay	Maximum Coverage/Year	Blackout Period
0%	\$10,000	Occurs, time period varies.

Additional Information: Coverage may vary slightly depending on your program. See <https://vie-etudiante.uqam.ca/nouvel-etudiant/formalites-administratives/assurances-collectives.html> for more details

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.”



Université du Québec à Chicoutimi

Address of Main Campus
 555 Boulevard de l'université
 Chicoutimi QC G7H 2B1
 418-545-5011
www.uqac.ca

Closest Diabetes Program
 Hôpital de Chicoutimi
 305 Rue Saint Vallier
 Chicoutimi QC G7H 5H6
 418-541-1000

Closest Endocrinologist
 Hôpital de Chicoutimi
 305 Rue Saint Vallier
 Chicoutimi QC G7H 5H6
 418-541-1000

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Students with Disabilities</u> Schedule an appointment online on the website. An appointment will be scheduled by email. Tel: 418 545-5011 ext. 2044 Email: asesh@uqac.ca</p>	<p>Contact Students with Disabilities for more details</p>	<p>Student Services - Psychosocial Help https://sae.uqac.ca/aide-psychosociale/ Tel: 418 545-5011 ext. 5617 Email: aide_psychosociale@uqac.ca</p>

Additional Diabetes or Social Supports: There are French help services, First Nations cultural centre, academic counselling and a sports pavilion at this university. For more information about student support services, please visit <http://www.uqac.ca/accueil/soutien-a-la-reussite/#service-dorientation-scolaire-et-professionnelle>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Mouvement des associations générales étudiantes de l'Université du Québec à Chicoutimi	Desjardins Insurance	September 1 – August 31 of each school year
Co-Pay	Maximum Coverage/Year	Blackout Period
0%	\$10,000	September 1st to October 31st

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. Some coverage for glucometers with medical recommendations.

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.”



Université du Québec à Rimouski

Address of Main Campus

300 Allee des Ursulines,
Rimouski QC, G5L 3A1
418-723-1986
www.uqar.ca

Closest Diabetes Program

Centre Hospitalier Régional
de Rimouski
150 Avenue Rouleau
Rimouski QC G5L 5T1
1 866 324-8591 ext 7598

Closest Endocrinologist

Centre Hospitalier Régional
de Rimouski
150 Avenue Rouleau
Rimouski QC G5L 5T1
1 866 324-8591 ext 7598

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Assistance with special needs Call or email to put in place the necessary accommodations Tel: 418-723-1986 ext. 1530 Email: abp@uqar.ca</p>	<p>Contact Assistance with Special Needs for more details</p>	<p>Psychosocial Support https://www.uqar.ca/services/service-s-a-l-etudiant/soutien-psychosocial Tel: 418 723-1986 ext. 1530 Email: https://portail.uqar.ca/</p>

Additional Diabetes or Social Supports: There is a peer support program to help students adapt and succeed at this university. For more information, please visit <https://www.uqar.ca/services/services-a-l-etudiant/programme-de-jumelage>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

Additional Information: There is no insurance plan available at this institution. Contact Association générale des étudiants du campus de Rimouski (AGECAR) for some insurance information.

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.”



Université du Québec en Abitibi

Address of Main Campus
 445 Boulevard de l'Université
 Rouyn-Noranda QC J9X 5E4
 819-762-0971 ext. 2244
www.ugat.ca

Closest Diabetes Program
 Hôpital de Chicoutimi
 305 Rue Saint Vallier
 Chicoutimi QC G7H 5H6
 418-541-1000

Closest Endocrinologist
 Hôpital de Chicoutimi
 305 Rue Saint Vallier
 Chicoutimi QC G7H 5H6
 418-541-1000

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Success Support Call or email to arrange for academic support services Tel: 819-762-0971 ext. 2145 Email: bar@ugat.ca</p>	<p>Exams in a separate room, extra time, use of computer to take exams, use of adaptive technology and exam tutoring support</p>	<p>Psychosocial Support https://www.ugat.ca/services/etudiants/soutien-reussite/ Tel: 819-762-0971 ext. 2267 Email: psychosocial@ugat.ca</p>

Additional Diabetes or Social Supports: The Support for Success office offers students academic counselling, support for French language training, psychosocial support and peer mentorship support. For more information, please visit <https://www.ugat.ca/services/etudiants/soutien-reussite/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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 accidentally eat/drink/snack on your emergency supplies.”



Université du Québec en Outaouais

Address of Main Campus

283 Alexandre-Tache Blvd
Gatineau QC J8A 3X7
819-595-3900
www.uqo.ca

Closest Diabetes Program

Hôpital HÔTEL-DIEU
3840 rue Saint-Urbain Pavillon
Jeanne-Mance 4e
Montréal QC H2W 1T8
514-890-8141

Closest Endocrinologist

Hôpital HÔTEL-DIEU
3840 rue Saint-Urbain Pavillon
Jeanne-Mance 4e
Montréal QC H2W 1T8
514-890-8141

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Support for Students with Disabilities (SESH)</u></p> <p>Call or email to schedule an appointment to arrange for accommodations</p> <p>Tel: 819-595-3900 ext. 1685 or 1688</p> <p>Email: sae@uqo.ca</p>	<p>Accommodated exams are booked online and written at the SESH room</p>	<p>Psychosocial Services and Referral Program</p> <p>https://uqo.ca/etudiants/obtenir-laide</p> <p>Tel: 819-773-1698</p> <p>Email: paree@uqo.ca</p>

Additional Diabetes or Social Supports: Student Services provides peer mentorship support, math, French and learning support services, medical clinic, Indigenous support services and student activities and events. For more information, please visit <https://uqo.ca/etudiants/services-aux-etudiants>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
l'Association générale des étudiants de l'Université du Québec en Outaouais	Desjardins Insurance	September 1 – August 31 of each school year
Co-Pay	Maximum Coverage/Year	Blackout Period
0%	\$10,000	Not specified

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 –

“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.”



Université du Québec à Trois-Rivières

Address of Main Campus
 3351 Des Forges Boulevard
 Trois-Rivières QC G8Z 4M3
 819-376-5011
www.uqtr.ca

Closest Diabetes Program
 Centre St-Joseph
 731 St. Julie Street
 Trois-Rivières QC G9A 1Y1
 819-372-3536

Closest Endocrinologist
 Centre St-Joseph
 731 St. Julie Street
 Trois-Rivières QC G9A 1Y1
 819-372-3536

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Support for students with disabilities (SESH)</u> Fill out request for adapted services online if you have the required documents Tel: 819 376-5011 ext. 6052 Email: services.adaptes@uqtr.ca</p>	<p>Isolated room, extra time (35 to 50%), presence of a guide and specialized equipment.</p>	<p>Psychology Department https://oraprdnt.uqtr.quebec.ca/pls/public/gscw031?owa_no_site=5950 Tel: 819 376-5011 ext. 6056 Email: service.psychologie@uqtr.ca</p>

Additional Diabetes or Social Supports: Student Services offers a range of learning support services, including access to technology, French language support services, peer academic support and stress management workshops. For more information, please visit https://oraprdnt.uqtr.quebec.ca/pls/public/gscw031?owa_no_site=5952

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

Additional Information: Consult with AGEUQTR for some resources on insurance, for more information please visit: https://oraprdnt.uqtr.quebec.ca/pls/public/gscw031?owa_no_site=5620&owa_no_fiche=13&owa_bottin=

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.”

13

SASKATCHEWAN

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.

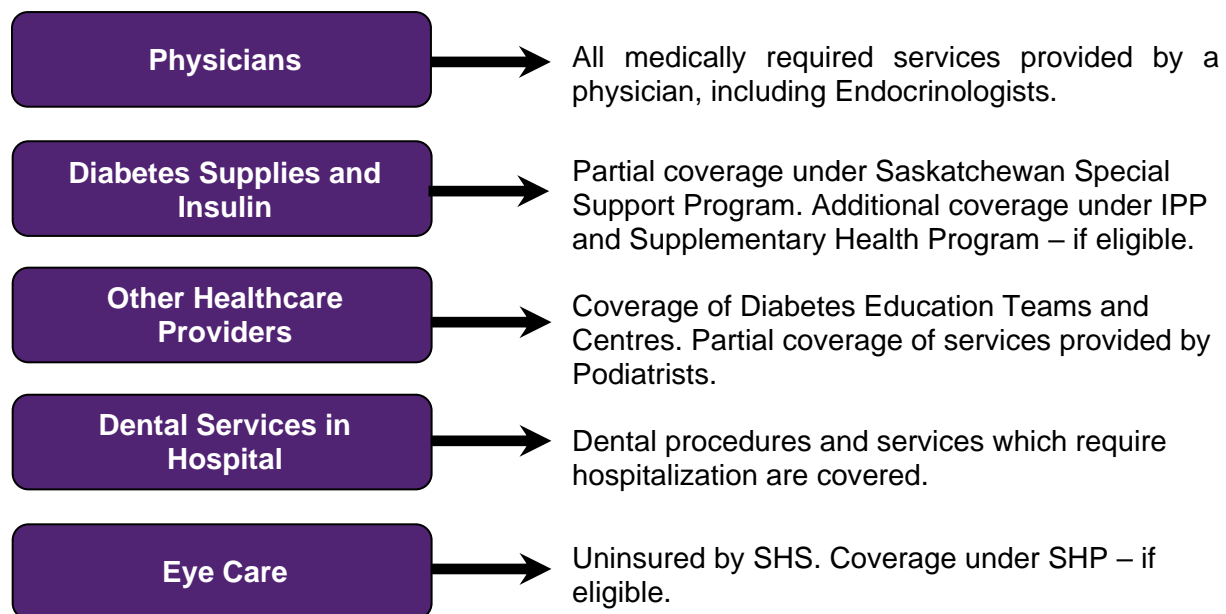
Saskatchewan Health Services

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



Other Listed Insured Services

- Saskatchewan Health Line
- All medically necessary physician and hospital services including medically required surgery
- Medications administered in hospital
- Occupational, speech and physiotherapy provided by a publicly 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 (covered under Saskatchewan Drug Plan)
- Additional charges for a private or semi-private room
- Services performed by chiropodists and podiatrists (Supplementary or Family Health Benefits provide coverage)
- 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

Drug Cost Assistance 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. The Ministry of Health determines the eligibility for this program based on the income information provided in the application and the ministry's records.

For more information please visit <https://www.saskatchewan.ca/residents/health/prescription-drug-plans-and-health-coverage/extended-benefits-and-drug-plan/drug-cost-assistance> contact Saskatchewan Health at 1-800-667-7581.

Supplementary Health Program

The Supplementary Health Program provides non-insured health services, including medical supplies, prescription drugs, podiatry services and medical transportation. Eligibility is determined by the Ministry of Social Services.

For more information please visit <https://www.saskatchewan.ca/residents/health/prescription-drug-plans-and-health-coverage/extended-benefits-and-drug-plan/supplementary-health-benefits> or call 306-787-3124.

Saskatchewan Insulin Pump Program

The Saskatchewan Aids to Independent Living (SAIL) Insulin Pump Program was designed to ensure that cost is not a barrier for people who might benefit from insulin pump therapy to manage their Type 1 diabetes. The Insulin Pump Program provides a \$6,300 grant that covers the cost of one insulin pump every five years for eligible individuals.

Program eligibility is based on an assessment through a Saskatchewan Health Authority (SHA) diabetes education program process, which includes meeting the medical criteria detailed in the Insulin Pump Program policy. An application must be submitted on behalf of a client by an SHA diabetes education program or an authorized diabetes specialist physician

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://publications.saskatchewan.ca/api/v1/products/11690/formats/106724/download> for medical requirement details).

For more information please contact Saskatchewan Drug Plan and Extended Benefits at 306-787-7121 or visit: <https://www.saskatchewan.ca/residents/health/accessing-health-care-services/insulin-pump-program>



Briercrest College and Seminary

Address of Main Campus

510 College Drive
 Caronport SK S0H 0S0
 306-801-5220
www.briercrest.ca

Closest Diabetes Program

Dr.F.H Wigmore Regional
 Hospital
 55 Diefenbaker Drive
 Moose Jaw SK S6J 0C2
 306-694-0200

Closest Endocrinologist

Dr. Jeremy FitzGerald &
 Dr. Kevin Hamming
 416 - 2125 11th Avenue
 Regina SK S4P 3X3
 306--565-1414

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Student Success Centre Complete online registration form and click on link to book an appointment with Director of Student Success Email: arc@briercrest.ca	Extended time for writing exams, quiet space for writing exams, use if assistive technology during exams	Counselling Services https://mybriercrest.ca/studentdevelopment/counselling/ Tel: 306-801-5645 Email: ccentre@briercrest.ca

Additional Diabetes or Social Supports: Faith-based student development services available at this college. For more information, please visit <https://mybriercrest.ca/studentdevelopment/office/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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

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.”

“Make sure to check what your school insurance covers through their insurance website!”



Campion College

Address of Main Campus

3737 Wascana Parkway
Regina SK S4S 0A2
306-586-4242
www.campioncollege.ca

Closest Diabetes Program

Regina General Hospital
Metabolic & Diabetes Education Ctr
1440-14th Avenue
Regina SK S4P 0W5
306-766-4540

Closest Endocrinologist

Dr. Jeremy FitzGerald &
Dr. Kevin Hamming
416 - 2125 11th Avenue
Regina SK S4P 3X3
306--565-1414

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Centre for Student Accessibility</u> Complete Diagnostic Verification Form and complete Online Intake Form (program managed by University of Regina) Tel: 306-585-4491 Email: accessibility@uregina.ca</p>	<p>Remote proctoring software is available for online tests and exams</p>	<p>Counselling Services https://www.uregina.ca/student/counselling/ Tel: 306-337-2200 Email: StudentMentalHealth@uregina.ca</p>

Additional Diabetes or Social Supports: Faith-based student support services are available at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of Regina Students' Union	Canada Life Assurance Company	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$5,000	45 days

Additional Information: Plan uses the Saskatchewan Provincial Formulary with a generic rider.

Tips from our Alumni –

“You’re never alone with your diabetes management. Your adult diabetes health care team can help with suggestions and resources.”

“Stay in touch with your doctor to figure out how to adjust insulin depending on situation and how you are feeling.”



Carlton Trail Regional College

Address of Main Campus

611 17th Street
Humboldt SK S0K 2A0
306-682-2623
www.carltontrailcollege.com

Closest Diabetes Program

Royal University Hospital
Chronic Disease Management
Program
103 Hospital Drive
Saskatoon SK S7N 0W8
306-655-5483

Closest Endocrinologist

Dr. Munier Nour
Royal University Hospital Division of
Endocrinology
103 Hospital Drive
Saskatoon SK S7N 0W8
306-655-2048

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility & Disability Services Call or email to schedule an appointment with a Student Advisor Tel: 306-682-2623 Email: information@carltontrailcollege.com</p>	<p>Contact Accessibility & Disability Services for more information</p>	<p>Personal Advising https://www.carltontrailcollege.com/succeed/student-services/personal-advising Tel: 306-682-2623 Email: information@carltontrailcollege.com</p>

Additional Diabetes or Social Supports: There are no social or diabetes supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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.”



Cumberland College

Address of Main Campus

400 Burns Avenue East
Melfort SK S0E 1A0
306-752-2786
www.cumberlandcollege.sk.ca

Closest Diabetes Program

Closest Diabetes Program:
Melfort Hospital
Diabetes and Heart Health Centre
510 Broadway Avenue
Melfort SK S0E 1A0
306-752-8786

Closest Endocrinologist

Dr. Joma Kond
Victoria Hospital
2 - 2727 2nd Ave West
Prince Albert SK S6V 5E5
306-970-8690

On-Campus Services Available

- ✗ Campus Clinic
- ✗ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Learner Services</u> Complete Student Request for Accommodations Form and submit by email Tel: 306-921-3431 Email: imoskal@cumberlandcollege.sk.ca</p>	<p>Extended time, private exam writing, assistive technology and private tutor to prepare for tests and exams.</p>	<p>N/A</p>

Additional Diabetes or Social Supports: There are elders and knowledge keepers available on campus to support First Nations students as well as Personal Support Services, for more information visit: <https://www.cumberlandcollege.sk.ca/index.php?id=112>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Gallivan & Associates Student Networks	Canada Life Assurance Company	12 months (from the first day the program begins)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$3,000.00	45 days

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!”



Easton College

Address of Main Campus

808 Assiniboine Ave E
Regina, SK S4V 0K6
306-962-3621
www.estoncollege.ca

Closest Diabetes Program

Royal University Hospital
Chronic Disease Management
Program
103 Hospital Drive
Saskatoon SK S7N 0W8
306-655-5483

Closest Endocrinologist

Dr. El-fellani Mohammed
Landmark Medical Centre
2 - 4150 Albert Street
Regina SK S4S 3R8
306-757 5143

On-Campus Services Available

- ✘ Campus Clinic
- ✘ Mental Health Support Services
- ✘ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✘ Health Insurance Plan
- ✘ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Registrar's Office There is no accessibility program at this college. Call Admissions to shedule and appointment. Tel: 306-962-3621 Email: info@estoncollege.ca or registrar@estoncollege.ca</p>		N/A

Additional Diabetes or Social Supports: There is a mentorship program and faith-based support services available at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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.”



First Nations University of Canada

Address of Main Campus

1 First Nations Way
Regina SK S4S 7K2
306-790-5950 ext 3001
www.fnuniv.ca

Closest Diabetes Program

Dr.F.H Wigmore Regional
Hospital
55 Diefenbaker Drive
Moose Jaw SK S6J 0C2
306-694-0200

Closest Endocrinologist

Dr. Jeremy FitzGerald &
Dr. Kevin Hamming
416 - 2125 11th Avenue
Regina SK S4P 3X3
306--565-1414

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Centre for Student Accessibility</u> Complete Diagnostic Verification Form and complete Online Intake Form (program managed by University of Regina) Tel: 306-337-2200 Email: accessibility@uregina.ca</p>	<p>Accommodated tests and exams are written at the test centre. Tests, quizzes and finals need to be booked online through Accommodate.</p>	<p>Counselling https://www.fnuniv.ca/university-services/counselling/ Tel: 306-790-5950 ext. 2200 Email: smoberly@fnuniv.ca</p>

Additional Diabetes or Social Supports: Holistic student success and Elder support services available at this university. For more information, please visit <https://www.fnuniv.ca/university-services/student-success-services-elder-services/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of Regina Students' Union	Canada Life Assurance Company	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$5,000	45 days

Additional Information: Plan covers most insulin. Prescription drug coverage is based on the Saskatchewan Provincial Drug Formulary.

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.”

“Apply for accessibility services with exams - it was a huge help to me.”



Great Plains College

Address of Main Campus
 129-2nd Avenue North East
 Swift Current SK S9H 2C6
 1-866-296-2472
www.greatplainscollege.ca

Closest Diabetes Program
 Cypress Regional Hospital
 Diabetes Education Program
 2004 Saskatchewan Drive
 Swift Current SK S9H 5M8
 306-778-5118

Closest Endocrinologist
 Dr. Jeremy FitzGerald &
 Dr. Kevin Hamming
 416 - 2125 11th Avenue
 Regina SK S4P 3X3
 306--565-1414

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Student Advising</u> Email with your name, phone number and the nature of your disability. An advisor will contact you to schedule an appointment Tel: 306-778-5476 Email: info@greatplainscollege.ca</p>		<p>Face to Face Counselling https://www.greatplainscollege.ca/student-life/student-health-dental Tel: 306-741-0538 Email: info@greatplainscollege.ca</p>

Additional Diabetes or Social Supports: There are no social or diabetes supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Gallivan & Associates Student Networks	Canada Life Assurance Company	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$3,000	45 days

Additional Information: Prescription drug coverage is based on the Saskatchewan Provincial Drug Formulary. For more information visit: www.mystudentplan.ca/gpc

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.”



Horizon College and Seminary

Address of Main Campus

604 Webster Street
Saskatoon SK S7N 3P9
306-374-6655
www.horizon.edu

Closest Diabetes Program

Royal University Hospital
Chronic Disease Management
Program
103 Hospital Drive
Saskatoon SK S7N 0W8
306-655-2136

Closest Endocrinologist

Dr. Munier Nour
Royal University Hospital Division of
Endocrinology
103 Hospital Drive
Saskatoon SK S7N 0W8
306-655-2048

On-Campus Services Available

- ✘ Campus Clinic
- ✘ Mental Health Support Services
- ✘ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✘ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Disability Services & Learning Accommodations</u></p> <p>School will assist student's access both on- and off-campus supports. Complete the Medical Questionnaire online.</p> <p>Email: registrar@horizon.edu</p>	<p>Extra time, reduced course load, quiet space to write exams, and access to adaptive technology.</p>	<p>N/A</p>

Additional Diabetes or Social Supports: First year academic and student coaches available at this college. There are various online resources for students, for more information please visit, <https://www.horizon.edu/students/support/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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.”



Luther College

Address of Main Campus

3737 Wascana Parkway
Regina SK S4S 0A2
306-585-5444
www.luthercollege.edu

Closest Diabetes Program

Dr.F.H Wigmore Regional
Hospital
55 Diefenbaker Drive
Moose Jaw SK S6J 0C2
306-694-0200

Closest Endocrinologist

Dr. Jeremy FitzGerald &
Dr. Kevin Hamming
416 - 2125 11th Avenue
Regina SK S4P 3X3
306--565-1414

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Centre for Student Accessibility</u> Complete Diagnostic Verification Form and complete Online Intake Form (program managed by University of Regina) Tel: 306-585-4491 Email: accessibility@uregina.ca</p>	<p>Accommodated tests and exams are written at the test centre. Tests, quizzes and finals need to be booked online through Accommodate.</p>	<p>Counselling Services https://www.uregina.ca/student/counselling/ Tel: 306-337-2200 Email: StudentMentalHealth@uregina.ca</p>

Additional Diabetes or Social Supports: There is a faith-based peer support program at this college. For more information, please visit <https://www.luthercollege.edu/university/current-students/chaplaincy/meet-multifaith-program-coordinators>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of Regina Students' Union	Canada Life Assurance Company	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$5,000	45 days

Additional Information: Plan covers most insulin. Prescription drug coverage is based on the Saskatchewan Provincial Drug Formulary.

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.”



Nipawin Bible College

Address of Main Campus

1 Nipawin Bible College
Nipawin SK S0E 1E0
1-888-862-5095
www.nipawin.org

Closest Diabetes Program

Nipawin Hospital
Diabetes & Heart Health Centre
800-6th Street East
Nipawin SK S0E 1E0
306-862-7251

Closest Endocrinologist

Dr. Joma Kond
Victoria Hospital
2 - 2727 2nd Ave West
Prince Albert SK S6V 5E5
306-970-8690

On-Campus Services Available

- ✘ Campus Clinic
- ✘ Mental Health Support Services
- ✘ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✘ Health Insurance Plan
- ✘ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Academic Dean 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.</p>		N/A

Additional Diabetes or Social Supports: There are no social or diabetes supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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!”

“ Educate people on diabetes, most don't have a good idea of what it really is like.”



Northlands College

Address of Main Campus

207 Boardman Street
La Ronge SK S0J 1L0
306-425-4353
www.trainnorth.ca

Closest Diabetes Program

La Ronge Health Centre
227 Backlund Street
La Ronge SK S0J 1L0
306-425-2422

Closest Endocrinologist

Dr. Joma Kond
Victoria Hospital
2 - 2727 2nd Ave West
Prince Albert SK S6V 5E5
306-970-8690

On-Campus Services Available

- ✗ Campus Clinic
- ✗ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✗ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
There is no accessibility program at this institution, accommodations are arranged on a case-by-case basis through Student Services. Tel: 306-425-4353		N/A

Additional Diabetes or Social Supports: There are Elder support resources available at this campus. There are no social or diabetes supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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 Regional 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
 306-446-6400

Closest Endocrinologist
 Dr. Munier Nour
 Royal University Hospital Division of
 Endocrinology
 103 Hospital Drive
 Saskatoon SK S7N 0W8
 306-655-2048

On-Campus Services Available

- ✘ Campus Clinic
- ✘ Mental Health Support Services
- ✘ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✘ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Student Services Contact Education Resource Services by email for accommodations to be arranged on a case by case basis through Student Services. Email: gail.csada@northwestcollege.ca	Accommodated tests/exams are available through the ERS Testing Centre. Must book tests/exams 3 days before tests/exams.	N/A

Additional Diabetes or Social Supports: There are no social or diabetes supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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.”



Suncrest College (Parkland College)

Address of Main Campus
 200 Prystai Way
 Yorkton SK S3N 4G4
 306-783-6566
www.parklandcollege.sk.ca

Closest Diabetes Program
 Sunrise Health and Wellness Centre
 Diabetes Education Program
 25-259 Hamilton Road
 Yorkton SK S3N 4C6
 306-786-6363

Closest Endocrinologist
 Dr. Jeremy FitzGerald &
 Dr. Kevin Hamming
 416 - 2125 11th Avenue
 Regina SK S4P 3X3
 306--565-1414

On-Campus Services Available

- ✗ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Career & Student Services Complete medical questionnaire and email to student supports to arrange for accessibility supports Tel: 306-783-6566 Email: student.supports@parklandcollege.sk.ca</p>	<p>Contact Career & Student Services for more information</p>	<p>Career & Student Services https://parklandcollege.sk.ca/Management/Site/learner-services/ Tel: 306-783-6566</p>

Additional Diabetes or Social Supports: There are no social or diabetes supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Gallivan & Associates Student Networks	Canada Life Assurance Company	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$3,000	45 days

Additional Information: Based on SK Provincial Drug Formulary. Exception available at:
https://www.mystudentplan.ca/_uploads/documents/Drug%20Exception%20Form/M6586A-Exception-form-English.pdf

Tips from our Alumni –

“Keep an eye on your supply levels, learn how to ship supplies to where you’re living, set up your prescriptions at a local pharmacy before moving, and make sure to request refills about a week before you need them.”



Saskatchewan Indian Institute of Technologies

Address of Main Campus 229 4th Avenue South Saskatoon SK S7K 4K3 1-877-282-5622 www.siiit.sk.ca	Closest Diabetes Program Royal University Hospital Chronic Disease Management Program 103 Hospital Drive Saskatoon SK S7N 0W8 306-655-6136	Closest Endocrinologist Dr. Munier Nour Royal University Hospital Division of Endocrinology 103 Hospital Drive Saskatoon SK S7N 0W8 306-655-2048
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On-Campus Services Available	
<ul style="list-style-type: none"> ✗ Campus Clinic ✗ Mental Health Support Services ✗ Social Support for Students with Diabetes 	<ul style="list-style-type: none"> ✓ Accessibility Accommodations ✗ Health Insurance Plan ✗ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<u>Success Services</u> Contact Support Services by email for more information and to book an appointment Tel: 306-477-9235 Email: supportservices@siiit.ca		N/A

Additional Diabetes or Social Supports: There are cultural coordinators, Elders and knowledge keepers on campus to support First Nations students

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
No Coverage	No Coverage	No Coverage
Co-Pay	Maximum Coverage/Year	Blackout Period
No Coverage	No Coverage	No Coverage

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.”



Saskatchewan Polytechnic

Address of Main Campus

1130 Idylwyld Drive North
Saskatoon SK S7K 3R5
1-866-467-4278
www.saskpolytech.ca

Closest Diabetes Program

Royal University Hospital
Chronic Disease Management
Program
103 Hospital Drive
Saskatoon SK S7N 0W8
306-655-5483

Closest Endocrinologist

Dr. Munier Nour
Royal University Hospital Division of
Endocrinology
103 Hospital Drive
Saskatoon SK S7N 0W8
306-655-2048

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Accessibility Services Register online with Accessibility Services. Students will work with an accessibility consultant to facilitate accommodations. Tel: 306-659-4050 Email: StudentServicesSaskatoon@saskpolytech.ca</p>	<p>Extra time and private room for exams, reduced course load, alternate formatting and use of assistive technology</p>	<p>Counselling Services https://saskpolytech.ca/student-services/support/counselling-services.aspx Tel: 306-659-4050 Email: counselling@saskpolytech.ca</p>

Additional Diabetes or Social Supports: There are a range of Indigenous health and wellness, academic and social supports available at this college. For more information, please visit <https://saskpolytech.ca/student-services/support/indigenous/>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Saskatchewan Polytechnic Students' Association Inc.	Canada Life Assurance Company	12 months (from the first day the program begins)
Co-Pay	Maximum Coverage/Year	Blackout Period
10%	\$5,000	45 days

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"



Southeast Regional College

Address of Main Campus

633 King Street
Weyburn SK S4H 0T1
306-848-2500
www.southeastcollege.org

Closest Diabetes Program

Dr.F.H Wigmore Regional
Hospital
55 Diefenbaker Drive
Moose Jaw SK S6J 0C2
306-694-0200

Closest Endocrinologist

Dr. Jeremy FitzGerald &
Dr. Kevin Hamming
416 - 2125 11th Avenue
Regina SK S4P 3X3
306--565-1414

On-Campus Services Available

- ✗ Campus Clinic
- ✗ Mental Health Support Services
- ✗ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
Student Services Call or email to schedule an appointment with a Student Services Advisor Tel: 306-848-2302 Email: aforseth@southeastcollege.org	Contact Student Services for more information	N/A

Additional Diabetes or Social Supports: There are no social or diabetes supports at this college.

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
Gallivan & Associates Student Networks	Canada Life Assurance Company	12 months (from the first day the program begins)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	\$3,000.00	45 days

Additional Information: Based on SK Provincial Drug Formulary. Exception available at: <https://www.mystudentplan.ca/uploads/documents/Drug%20Exception%20Form/M6586A-Exception-form-English.pdf>

Tips from our Alumni –

“There is absolutely zero shame in accessing accommodations at university/college and doing so early can be super helpful! For example, while I registered for academic accommodations in September of first year, I was not required to apply my accommodations to every single course I took. However, registering at the start of my degree meant that the option was always there in case I wanted to use them.”



St. Peter's College

Address of Main Campus

100 College Drive
Muenster SK S0K 2Y0
306-682-7886
www.stpeterscollege.ca

Closest Diabetes Program

Royal University Hospital
Chronic Disease Management
Program
103 Hospital Drive
Saskatoon SK S7N 0W8
306-655-5483

Closest Endocrinologist

Dr. Munier Nour
Royal University Hospital Division of
Endocrinology
103 Hospital Drive
Saskatoon SK S7N 0W8
306-655-2048

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Access and Equity Services Complete Medical Questionnaire and register online with Access and Equity Services Tel: 306-966-7273 Email: aes@usask.ca</p>	<p>Extra time, access to sofa, use of assistive technology and limits to how many exams students can have over a specified period of time.</p>	<p>Student Wellness Centre https://students.usask.ca/health/bewell.php Tel: 306-966-5768 Email: student.wellness@usask.ca</p>

Additional Diabetes or Social Supports: There are peer health volunteers, peer mentors and faith-based leaders available at this university to support students. In addition, there are Virtual Wellness Sessions available through health services. For more information, visit <https://students.usask.ca/essentials/community.php#Events>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of Saskatchewan Students' Union	Sun Life Assurance Company of Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	No Maximum	8 weeks (September 1st to October 31st)

Additional Information: Plan covers insulin. Saskatchewan Special Support Program (SSP) is available.

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
306-655-5483

Closest Endocrinologist

Dr. Munier Nour
Royal University Hospital Division of
Endocrinology
103 Hospital Drive
Saskatoon SK S7N 0W8
306-655-2048

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Access and Equity Services Complete Medical Questionnaire and register online with Access and Equity Services Tel: 306-966-7273 Email: aes@usask.ca</p>	<p>Extra time, access to sofa, use of assistive technology and limits to how many exams students can have over a specified period of time.</p>	<p>Student Wellness Centre https://students.usask.ca/health/bewell.php Tel: 306-966-5768 Email: student.wellness@usask.ca</p>

Additional Diabetes or Social Supports: There are peer health volunteers, peer mentors and faith-based leaders available at this university to support students. In addition, there are Virtual Wellness Sessions available through health services. For more information, visit <https://students.usask.ca/essentials/community.php#Events>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of Saskatchewan Students' Union	Sun Life Assurance Company of Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	No Maximum	8 weeks (September 1st to October 31st)

Additional Information: Plan covers insulin. Saskatchewan Special Support Program (SSP) is available.

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!”



University of Regina

Address of Main Campus

3737 Wascana Parkway
Regina SK S4S 0A2
306-585-4111
www.uregina.ca

Closest Diabetes Program

Dr.F.H Wigmore Regional
Hospital
55 Diefenbaker Drive
Moose Jaw SK S6J 0C2
306-694-0200

Closest Endocrinologist

Dr. Jeremy FitzGerald &
Dr. Kevin Hamming
416 - 2125 11th Avenue
Regina SK S4P 3X3
306--565-1414

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p><u>Centre for Student Accessibility</u> Complete Diagnostic Verification Form and complete Online Intake Form Tel: 306-337-2200 Email: accessibility@uregina.ca</p>	<p>Accommodated tests and exams are written at the test centre. Tests, quizzes and finals need to be booked online through Accommodate.</p>	<p>Mental Wellness Hub https://www.uregina.ca/mental-wellness/ Tel: 306-585-5248 Email: rob.mccaffrey@uregina.ca</p>

Additional Diabetes or Social Supports: There are Indigenous focused supports and academic advising at this university. There are also living learning opportunities to be housed with students in the same program. To see a full list of student supports, please visit <https://www.uregina.ca/experience/index.html>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of Regina Students' Union	Canada Life Assurance Company	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	No Maximum	45 days

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

Tips from our Alumni –

“You won't have everything figured out in your first semester! Do your best, and know that no one else has everything figured out either

Always check your blood sugar before and after physical activity. Also, make sure your blood sugar is in a good range before you start”



University of Saskatchewan

Address of Main Campus

105 Administration Place
Saskatoon SK S7N 5A2
306-966-4343
www.usask.ca

Closest Diabetes Program

Royal University Hospital
Chronic Disease Management
Program
103 Hospital Drive
Saskatoon SK S7N 0W8
306-655-5483

Closest Endocrinologist

Dr. Munier Nour
Royal University Hospital Division of
Endocrinology
103 Hospital Drive
Saskatoon SK S7N 0W8
306-655-2048

On-Campus Services Available

- ✓ Campus Clinic
- ✓ Mental Health Support Services
- ✓ Social Support for Students with Diabetes
- ✓ Accessibility Accommodations
- ✓ Health Insurance Plan
- ✓ Virtual Learning & Campus Supports

Campus Services

Accessibility Services	Exam Accommodations	Mental Health Services
<p>Access and Equity Services Complete Medical Questionnaire and register online with Access and Equity Services Tel: 306-966-7273 Email: aes@usask.ca</p>	<p>Extra time, access to sofa, use of assistive technology and limits to how many exams students can have over a specified period of time.</p>	<p>Student Wellness Centre https://students.usask.ca/health/bewell.php Tel: 306-966-5768 Email: student.wellness@usask.ca</p>

Additional Diabetes or Social Supports: There are peer health volunteers, peer mentors and faith-based leaders available at this university to support students. In addition, there are Virtual Wellness Sessions available through health services. For more information, visit <https://students.usask.ca/essentials/community.php#Events>

University Insurance Benefits Program

Administration	Medical Coverage Provider	Duration
University of Saskatchewan Students' Union	Sun Life Assurance Company of Canada	September 1st to August 31st (of each school year)
Co-Pay	Maximum Coverage/Year	Blackout Period
20%	No Maximum	8 weeks (September 1st to October 31st)

Additional Information: Plan covers insulin. Saskatchewan Special Support Program (SSP) is available based on income.

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.

Be prepared for most things to take more effort on your part than it should.”

14

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 bona fide 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.

Goods, services, accommodation and facilities

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,

(l) "physical disability or mental disability" means an actual or perceived

(i) loss or abnormality of psychological, physiological or anatomical structure or function,

(ii) restriction or lack of ability to perform an activity,

(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.

Saskatchewan

Saskatchewan Human Rights Code

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.

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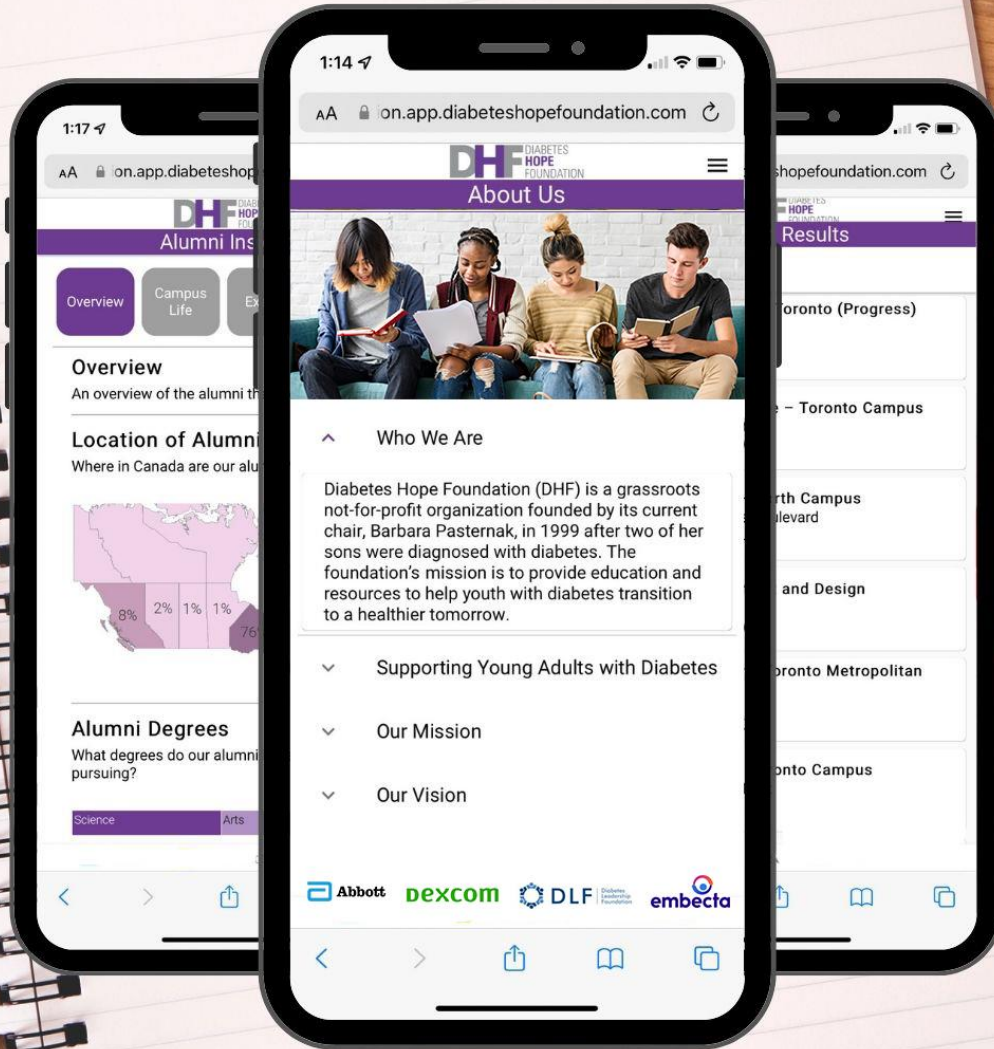
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