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**The Results are in — Your Voice heard!**

Thanks to all the members who attended the Union's Special Called Meeting on Sunday, April 7<sup>th</sup>, asked important questions, and had their voices heard by voting on pension and benefit plan changes. The results of the votes are now posted on [myteibas.com](#) under the MyReports tab and on the IBEW Local 353's member portal. All eight votes passed and are in effect as of May 1, 2024, unless otherwise indicated.

As members of IBEW Local 353 you voted to continue:

- to provide benefit coverage for out-of-work members, and
- to provide coverage for retiree travel insurance for another year.

You also approved the following pension and benefit plan changes:

- Reduced the current \$0.56 hourly contribution rate that does not earn pension to \$0.00. All contributions to the pension plan will earn pension starting the May 2024 work month.
- Increased the hourly pension contribution rate by \$0.26 per hour (maximum allowable by law) to \$9.53 per hour.
- Increased the laser eye surgery/refractive lens exchange coverage from the \$2,000 per eye to a lifetime maximum of **\$3,000** per eye.
- Increased the annual combined mental wellness maximum benefit of \$2,500 to an annual maximum of **\$3,000**.
- Increased the amount covered for drug dispensing fees from \$6.50 per prescription to **\$8.00** per prescription.
- Effective September 1, 2024, introduce a standard generic drug program with the ability to have the doctor write "no substitution" should the patient require the brand name. [If you have a concern about taking a generic drug, please discuss it with your doctor or pharmacist before September 1.](#)
- On May 1, 2024, the benefits hourly rate will increase to \$4.58.

**Save the date!**



**TEIBAS Member Webinars & Seminars**

**Pension & Benefits Webinar**

Wed. May 29 @ 7:00 p.m.

**Pre-Retirement Webinar**

Thurs. May 30 @ 7:00 p.m.

**Pension & Benefits Seminar**

Sat. June 8 @ 8:00 a.m.- in person- 3185 Orlando Drive Mississauga, ON

Email [members@teibas.com](mailto:members@teibas.com) to register for any of the above webinars or the in-person seminar.

Effective May 1, 2024, your travel and trip cancellation insurance is provided by **Beneva**. Your coverage remains the same, but there is a new policy number for active and retired members and new emergency and general inquiry phone numbers!

We are happy to offer you more affordable coverage with a new insurance carrier, Beneva, providing benefits through AXA Assistance. As part of this exciting transition, visit [myteibas.com](http://myteibas.com) to download your new Benefit Summary with a printable travel card to have on hand for your travel. You can also cut out your travel card at the bottom of this page. Your card will reflect your new dedicated assistance phone number and policy number.

Your new policy number effective May 1, 2024 is: **1TR55**.

If you have a travel emergency, you must call one of the new numbers for Beneva immediately before seeking medical treatment:

- from Canada and the U.S. toll-free at **1-855-369-5444** or
- from anywhere in the world call collect +(int. code) **514-285-8186**.

Beneva can be contacted 24/7. If it is medically impossible for you to call **before receiving** emergency treatment, you are expected to have someone call on your behalf as soon as possible.

For general questions about your travel and trip cancellation coverage, call **1-855-369-5444** or collect from anywhere in the world **+(int. code) 514-285-8186**. We strongly recommend contacting Beneva prior to booking any vacation to clarify both trip cancellation and travel insurance coverage and any restrictions.

Visit [myteibas.com](http://myteibas.com) to download and print your new travel card. Alternatively, you can take a photo of the card below or cut it out of this newsletter. Make sure you review your travel insurance booklet, including your coverage summary, to familiarize yourself on what to do in an emergency, before you travel.

**Remember:** Always take your travel information with you when traveling out of province/country. Make sure you have the phone numbers to call, and the policy number to provide in a medical emergency. You, or a member of your travel group, must call before seeking medical treatment whenever possible.

Your New Group Travel Insurance

## New Travel Insurance carrier, same benefits



Scan this QR code for a summary of your travel benefits and your travel card. Travel Insurance emergency contact number:  
Toll-Free: **1-855-369-5444**  
Collect: **+(int. code) 514-285-8186**



Active members



Retired members

**beneva**



### Travel Insurance Card

Policyholder: **The Trustees IBEW Local 353 Trust Funds (Active Members)**

Group Policy Number: **1TR55**

In the event of an emergency, immediately call:

**1-855-369-5444** Toll free from U.S.A and Canada.

**514-285-8186** Call collect from elsewhere in the world. Enter the International access code of the country before the above telephone number.



## Mental Health Week & Mental Wellness Resources

May 6<sup>th</sup>-12<sup>th</sup> is Canada's Mental Health Week. This year's theme is "Healing Through Compassion". We can all use a little more compassion for ourselves and for each other at work, at home, and in our day-to-day lives. As a member of the IBEW Local 353, take some time this month to think about your mental health and learn about the supportive resources available to you and your eligible family members.

When it comes to your mental, physical, or financial health, it takes work to build a healthy lifestyle. But you don't have to do it alone. As a member of the IBEW Local 353 you have a variety of mental health resources and tools to build a healthy lifestyle.

### Mental Wellness Benefit

Reimbursed at 100% based on reasonable and customary charges, to a maximum of \$3,000 per calendar year, per person (starting May 1). Coverage is subject to reasonable and customary limits. Here is the list of practitioners you have access to as part of your benefit plan:

- ✓ Registered clinical psychologist,
- ✓ Intensive Behavioural Intervention (IBI),
- ✓ Registered psychotherapist, and
- ✓ Registered social worker.

To learn more, review your benefit plan booklet.



### Your Member Assistance Program

Visit <https://one.telushealth.com> username: canadalife and password: telus1 or call the Care Access Centre toll-free at **1-866-289-6749** and indicate that you are a member of the IBEW Local 353.



### Teladoc

If something is on your mind, big or small, there's support for whatever you're facing. Mental Health Navigator (available through Teladoc) offers you a discreet and confidential way to seek mental health support from the comfort of your home. Give Teladoc a call at **1-877-419-2378** and speak with a mental health navigator today.



### Your Benefits

Your pension and benefit plans are there for you and your family when you need them most. Your benefit and pension booklets are being updated to reflect the May 1st changes and will be posted to [myteibas.com](http://myteibas.com) and [teibas.com](http://teibas.com) when ready. Be pension and benefit savvy - always keep in touch with TEIBAS and let us know if you have changes to your address, beneficiaries, or dependants.

### Your Pension

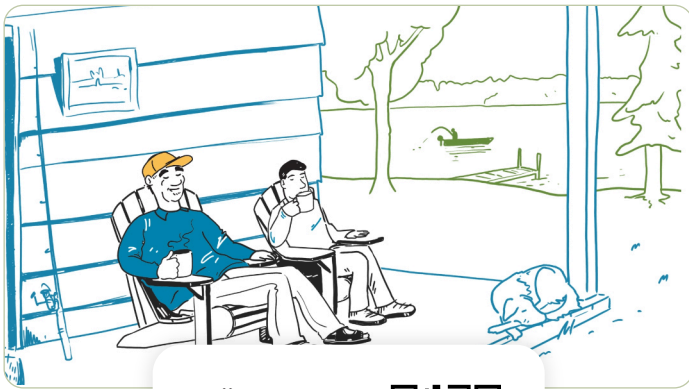
Contact TEIBAS and the Union well before you decide to retire. Make sure you're aware and informed of all the Plan benefits you will be receiving in retirement. Request your personalized Pension Retirement Option Package as part of the planning process.

Questions? We're here to help! You can also email us at [members@teibas.com](mailto:members@teibas.com) or call us at **416-637-6789**, (toll free **1-800-267-0602**).



## Did You Know?

Did you know? TEIBAS is now on YouTube. You can find a library of videos on your pension plan, retirement planning, disability plan and more. Like and subscribe to our YouTube channel [@myteibas](https://www.youtube.com/@myteibas) and learn more about your pension and benefit plans with the IBEW Local 353. We will be adding more videos later in the year, so don't forget to subscribe.



Follow us on  
YouTube



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This bulletin was prepared on behalf of the Trustees of the IBEW Local 353 Trust Funds. It provides summary information about the IBEW Local 353 Health and Welfare Plan, the Supplementary Unemployment Benefit (SUB) and the IBEW Local 353 Pension Plan (registration number 0598235) in plain language. This publication is not intended to provide advice. If there is any discrepancy between this document and the legal documents that govern the plans, the legal documents will apply. The Trustees expect to maintain these benefit plans indefinitely. However, they reserve the right to change or cancel any or all benefits under the Health and Welfare Plan, the Pension Plan, and the SUB Plan for active and retired members, and their survivors and dependants.



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