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What's Ahead

At TEIBAS, we believe that financial, physical, and mental wellness all play an important role in living a healthy and balanced life. Financial wellness starts with building healthy financial habits and feeling confident in your financial future. Based on feedback from IBEW Local 353 members, TEIBAS is co-hosting two upcoming Financial Wellness webinars with the Chartered Professional Accountants of Canada. The first webinar, Estate Planning, will take place on Wednesday, September 16th at 7:00 p.m. The second, Managing Your Money, will take place on Thursday, November 19th at 7:00 p.m. Interested in joining? Register for either webinar at teibas.com/member-webinars/ and we'll send you the access details. To explore additional Financial Wellness resources available to you, visit our blog at teibas.com/news/.

We are also hosting two in-person pre-retirement seminars. One will be at the Lawrence Union Hall and one in the Oshawa Union Hall in September. You can see the addresses and times in the right column under member webinars and seminars. Visit teibas.com/member-webinars/ to register.

What's New

As you read in our spring newsletter, members voted for an **increase of 3%** to all pensions earned up to December 31, 2025, which applies to **all members** including actives, inactives, retirees, surviving spouses and beneficiaries. The effective date of the increase is **September 1, 2026**. Retirees, surviving spouses and beneficiaries will see the 3% increase on their **September 2026 pension payment**. Active and inactive members will see their increase reflected on their 2026 annual pension statement next June. Members who terminated from the Pension Plan before September 1, 2026, are not eligible for the increase.

Save the date!



TEIBAS Member Webinars & Seminars

In Person

Pre-Retirement - 1001 Ritson Rd S,
Oshawa, ON – Sat. Sept. 26 @
9:00 a.m.

Webinar

Pension & Benefits
Wed. Sept. 23 @ 7:00 p.m.

Pre-Retirement
Thurs. Sept. 24 @ 7:00 p.m.

Pension & Benefits
Wed. Oct. 28 @ 7:00 p.m.

Pre-Retirement
Thurs. Oct. 29 @ 7:00 p.m.

Managing Your Money
Thurs. Nov. 19 @ 7:00 p.m.

Email members@teibas.com to
register for any of the above
webinars.

Benefits Corner – Your Benefits Can Help with Weight Management

Managing your weight isn't just about the scale. It's about feeling better, having more energy, and making changes that fit your life. Whether you're working toward a goal, preparing for surgery, or maintaining your routine, Teladoc can help. Whether you are managing a new concern, looking for clearer answers, or trying to take better care of yourself while keeping up with work and life, Teladoc Health can help connect you and your family to trusted medical expertise when you need it.

As a member of the IBEW Local 353 you can access the Weight Management Specialty Care Program from Teladoc Health. Weight can be affected by many factors, including sleep, stress, medications, hormones, injuries, and other health conditions. This program connects you with medical specialists and optional coaching to help you understand what may be affecting your health, build a personalized plan, and reach your goals. The Teladoc Weight Management program includes a personalized wellness plan created by specialists and ongoing virtual coaching.

- ✓ **Accessing online:** You can visit teladoc.ca/canadalife to initiate your Expert Medical Opinion request.
- ✓ **Visit online:** Go to Teladochealth.ca/canadalife/weight-management.
- ✓ **Complete the web form:** Click “Get Started” and fill out the secure online form to submit a request for Expert Medical Opinion.
- ✓ **Indicate interest in weight management:** When the form prompts you to share details about your request, you can specify your interest in Weight Management.
- ✓ **Receive personalized support:** After submitting the form, a member of our support team will reach out via phone or email to guide you through the next steps to get started with the weight management program.

You can also call Teladoc at **1-877-419-2378** to get started today. Ask about Expert Medical Services or Weight Management, and the Teladoc Health team will guide you from there.

Remember under the Benefit Plan both you and your eligible dependants each have **\$2,500 maximum per calendar year** for paramedical services, which includes a **registered dietician**. To be eligible for coverage, the dietician must be registered with their regulatory or governing body in the province where services are provided and they must not be delisted by Canada Life.

Healthy Smile, Healthier You – Making the Most of Your Dental Benefits

When it comes to preventive health, don't forget about your smile. Your dental benefits can help you stay on top of routine care, catch potential issues early, and maintain good oral health. Take advantage of your benefits and make regular dental care part of your approach to staying healthy.

Your dental plan is a key feature of IBEW Local 353's benefits package and accounts for about a third of total plan costs each year. It pays up to 100% of the cost of basic dental treatments and procedures and provides up to 75% coverage for major procedures. There is an annual combined maximum of \$10,000 per insured individual for basic and major dental coverage (excluding orthodontics and implants which have their own lifetime maximums). Dental fees and services are reimbursed based on the Ontario Dental Association's Suggested Fee Guide for General Practitioners for the year they are incurred. Extra charges made by dental specialists are not covered. Watch a short video on your dental, vision and prescription drugs [here](#).

If you're not sure whether something is covered, please contact Canada Life's direct IBEW Local 353 inquiry line at **1-844-232-4239**.



Project Horizon Update – Modernization on the Horizon

TEIBAS went live with its new pension and benefits administration system **Horizon Connect** on April 6th, 2026, for employer reporting and internal administration. While the transition has been largely successful, implementation has progressed more slowly than anticipated and as expected with a project of this scale, has resulted in some business disruptions. Please be assured that we are working diligently to resolve them.

Group RRSP reporting errors were identified in late April which required additional time to determine the root cause and implement a solution. As a result, TEIBAS was required to delay the remittance of Group RRSP contributions to Canada Life. The issue has now been resolved and regular remittances to Canada Life have resumed.

TEIBAS plans to launch the new myteibas.com member portal later this year after addressing known issues and to ensure a better member experience. Currently, member profiles on myteibas.com do not reflect any updated contact information or dependent/beneficiary changes made since the system transition, as the legacy system is no longer being updated. To address this limitation, TEIBAS is working on an interim solution that will allow members to see updated addresses and beneficiaries, pension contribution amounts year to date, and total contributory hours (including hour bank balance if possible) from the new system reflected on the current member platform until the full rollout is complete. We appreciate your patience as we solution this.

The January to June 2026 work-month **member contribution statements** have been **posted to myteibas.com**. Kindly note that if you worked shift hours during any of the March to June work months, your contribution statement shows only the hours worked under shift rather than the contributory hours earned under it. For example, if you worked 80 shift hours, your statement would show 80 hours instead of the 96 contributory hours earned (80 hours worked × the shift factor of 1.2 = 96 contributory hours). However, the statement reflects the correct contribution amounts remitted by your employer based on 96 hours. This reporting issue is being worked on by our technical teams. Future contribution statements should reflect the correct contributory hours and hour bank balances.

TEIBAS apologizes for these issues and delays and we thank members for their continued patience and understanding as we continue to work with our vendors to better serve you. **We'll keep communicating with you as we make progress on the project.**

If you wish to confirm any changes that you made, please don't hesitate to reach out to us at members@teibas.com or by calling 416-637-6789 Monday to Friday, 7:30 am to 4:30 pm. We're here to help!

Back to School Reminder

Cooler days and changing leaves mean back-to-school season is here!

A reminder that your overage student dependant(s) who is/are between the ages of 21 and 25 may qualify for continued benefits coverage if studying full-time at a post-secondary institution.

To apply for, or continue coverage for, your eligible dependant student(s), complete the Declaration of Post-Secondary Attendance Form on teibas.com or myteibas.com or provide TEIBAS with official proof of enrolment from the post-secondary institution they are attending.

Proof for the student you are applying to continue coverage for needs to be submitted to TEIBAS at the beginning of each semester or school year. If anything changes, make sure you notify us right away.



YouTube Contest!

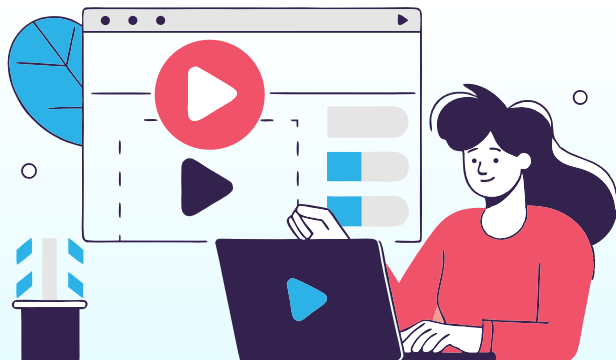
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Power forward on your Pension & Benefit Plans by subscribing to our YouTube channel [@myteibas.com](https://www.youtube.com/@myteibas). Your Pension & Benefit Plans are important tools to keep in your toolbox. You can think of your Pension & Benefit Plans like a roadmap. There are stops along the way, and benefits to help you at different points in your journey.

Visit teibas.com and read your Pension & Benefit Plan booklets [here](#). Power forward on the road to getting the most out of your Plans by watching and subscribing to YouTube channel [@myteibas.com](https://www.youtube.com/@myteibas) to get started.

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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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