



## When life happens, make sure you're covered

It's important to review your benefits coverage when life events occur.

[Read more](#)

## Important Updates and Benefit Reminders

- **Beginning with the 2023 tax year, T4As will be available online only.** For more details, visit OTIP's [T4A FAQs](#).
- **Questions?** To get help with benefits coverage, claims submission, and more, go to [OTIP's Help Centre](#). For important notices and ELHT announcements, check your [OSSTF ELHT website](#).
- **Travelling this March Break?** [Review your coverage](#) before you leave.
- **You have coverage for services like paramedical, dental and vision care.** Check your [benefits booklet](#) to find out more! Don't forget to [submit an estimate](#) before making expensive health and dental purchases to check the eligibility of the practitioner and coverage amount.

Burnout and stress 101: Finding balance with mindfulness

Understand the complexities of burnout and stress and how mindfulness can pave the way to enhanced well-being.

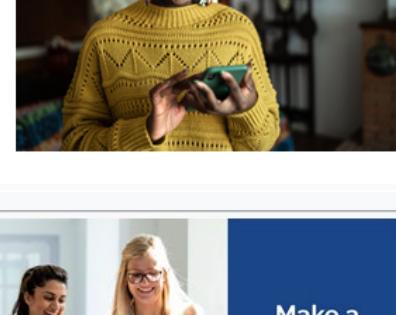


[Learn more](#)

Protect your benefits

Learn how to spot benefits fraud and what steps you can take to protect your plan.

[Read more](#)



You can help recognize outstanding members of the education community by nominating them for an OTIP award.

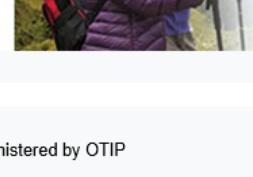
✓ OTIP Education Worker Awards ✓ OTIP Teaching Awards

[Make a nomination](#)



Register for a chance to WIN 1 of 4 prizes valued at \$500 each! PLUS, you'll get a chance to win the GRAND PRIZE of \$1,000 from OTIP.

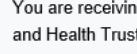
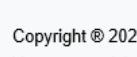
[Register now!](#)



Retirement Tip #62:  
**Start your next adventure**  
RTIP offers the most flexible health, dental and travel insurance to help you make the most of your retirement.

[Learn more](#)

Plan administered by OTIP



Copyright © 2024 OTIP. All rights reserved.

You are receiving this email because you are a member of the OSSTF Benefits Plan, provided by the OSSTF Employee Life and Health Trust (ELHT). You can [unsubscribe](#) to this newsletter any time. If you unsubscribe, you will still receive important updates from the OSSTF ELHT and OTIP regarding your benefits.

NOTE: Not all benefit claims are eligible under your ELHT benefits plan. Claim reimbursements are subject to all terms, conditions, and exclusions of your ELHT benefits plan at the time of service.