



# Your Benefits

Winter 2025



**Menopause 101: What every woman  
should know**

Learn more about what happens to a women's body during perimenopause/menopause and daily practices to support the body during this time of change. Together, let's keep the conversation going.

[Read more](#)

## Burnout and stress 101: Finding balance with mindfulness

[Learn more](#)



## Benefit reminders

- Discover how you can use [My Member Account](#) to access your benefits. Explore all the features and get started today!
- **Travelling for the winter holidays?** Make sure you have the [coverage you need](#).
- **Planning for retirement but don't know where to start?** [Here are some key things to consider](#) at each stage of your journey.
- Make sure to review your [beneficiary designation information](#) on a regular basis.

**EdvantagePerks™**

**Celebrating 25 years of helping you \$ave  
with EdvantagePerks**

We're celebrating all year long, and you're invited!



**RSVP  
now**



## Retirement, your way

Choose from 3 RTIP health insurance plans, and the flexibility to move between plans if your needs change in retirement.



**Learn  
more**



Thank you for being a part of our community. As the new year approaches, we remain committed to providing you with peace of mind and exceptional service for all your insurance needs.

Wishing you a holiday season filled with peace, joy, and love.



**Have questions?** Log in to My Member Account at [member.otip.com](https://member.otip.com) to contact us or visit our Help centre to find answers to your questions.

**For important notices and ELHT announcements**, check your [OSSTF ELHT website](#).

Plan administered by OTIP



OTIP RAEQ.

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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.