



Your Benefits

Spring 2026



Menopause support: Nutrition and supplements for energy, mood, and

sleep

Menopause and perimenopause are natural stages of life that bring hormonal changes affecting energy, mood, sleep, and overall well-being.

[Read more](#)

Achoo! Helping your child deal with seasonal allergies

Sniffles again? Learn how to help your child take on seasonal allergies—so everyone can breathe a little easier.



[Learn more](#)

Benefit reminders

- For eligible long-term occasional teachers (LTOs) and eligible long-term assignment education workers (LTAs) working in an assignment of 90 days or longer, eligibility for **coverage ends on your last day of the assignment**.
- Before you call, check out our [help centre](#) and [videos page](#) to find more helpful tips and tricks for managing your coverage and navigating My Member Account. Stay tuned for more videos to come.
- **T4A information:** For [eligible plan members](#), your digital T4A tax slip is now available to download in My Member Account. For mailing exceptions, you can refer to our T4A [article](#). You can also check out our helpful [FAQs](#) in My Member Account.
- [Join Starling Minds on May 12 and 19 at 7 p.m.](#) for **Embracing Menopause and Beyond**, a two-part series webinar focused on mental health support during hormonal transitions and practical ways to build confidence through change. Offered in English and French.
- **Planning a spring getaway?** Learn more about your [travel coverage now](#) so you can relax later.



Cure the winter blues with our bonus offer!

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Nicole G., EdvantagePerks member



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Have questions? Log in to My Member Account at 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



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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.