Vikes Recreation—CARSA

In May 2015, the Centre for Athletics, Recreation and Special Abilities (CARSA) opens. CARSA is a new, state-of-the-art recreation and athletics facility that conveniently brings UVic athletics and recreation services to the heart of the campus, right across from McKinnon Gym.

Memberships are on sale now for Staff & Faculty.

Visit us online at www.vikesrec.ca for membership information and purchase your membership in person at McKinnon Gym or the Ian Stewart Complex. Find your fit with Vikes Recreation!

Pharmacy Compass

Price breakdown—prescription drugs

Have you ever wondered what makes up the cost of your drugs? Are all drug mark-ups the same? Use Pharmacy Compass to compare prices of prescription drugs

The free, interactive online tool allows you to compare prices of both brand name and generic prescription medications at different pharmacy locations across British Columbia. With Pharmacy Compass, depending on the type of prescription medications you need, you could lower your out-of-pocket drug expenses by up to hundreds of dollars annually.

Start using Pharmacy Compass today. Go to www.pharmacycompass.ca.

Read the Terms of Use and click I Agree to continue to the tool.

Employee and family assistance program

All of us, on a daily basis, juggle different areas of our lives: work, children, partners, hobbies. Sometimes we all need a little help to get us through the challenges of daily life. UVic staff and faculty and dependents can find support through our employee & family assistance program (EFAP), a 100% employer covered benefit.

EFAP is a confidential program that includes professional counselling, information & referral services. Our EFAP provider is Optum PPC Canada. Our catalogue includes:

- elder care
- financial planning
- health coaching
- parenting
- relationship challenges

Every month a free webinar, covering a variety of topics, is available to employees. Future topics include:

- Managing the Menopause Middle
- A Psychologically Healthy Workplace
- Optimizing Health in an Age of Rising Technology
- Addressing Anxiety
- Live and Work Well: Strategies to Achieve Balance

How do I access EFAP?

Access EFAP through online resources, e-counselling, telephone counselling, & face-to-face counselling. For more information visit Optum PPC Canada or call 1-800-663-9099

To access online resources use:
Username/access code: healthy

For further details, visit the Human Resources website: http://www.uvic.ca/hr/services/home/health/index.php
Medical Services Rates effective January 1, 2015:

- Single: $72.00 per month
- Couple: $130.50 per month
- Family: $144.00 per month

University of Victoria Retirees

The Retirees' Dinner is an annual event recognizing faculty and staff who retire during the current academic year. The dinner is hosted by the president and retirees are presented with a gift. The event usually takes place in April or May. For more information on this event please contact the Ceremonies and Events office.

Travel insurance

Why should I purchase travel insurance?

- Your extended health coverage offers emergency care only outside of BC.
- Your provincial health plan may cover nothing or only a very small portion of the costs of medical care abroad, and never up front.
- Foreign hospitals can be very expensive and may require immediate cash payment. You could face years of debt paying off the costs of treatment for an illness or accident you suffered abroad.
- The Government of Canada will not pay your medical bills.


For when you're travelling


Coverage you have through your UVic Benefit plan:

- Continuing sessional lecturers
- CUPE 951/917
- Faculty and librarians
- Management Excluded
- Professional Employees Association (PEA)

Resources available on the HR website:

- [How to make a health claim](#)
- [How to access PHARMACARE Special Authority](#)
- [Generic Pricing](#)
- [Generic vs Brand Name](#)

Do you have questions about your benefits?

We have benefits handbooks/guides/FAQ's to assist you. For more information contact the Benefits Office.