

May 25, 2020

To: Benefit Administrators / Human Resource Personnel

From: Lorne Shiplack
Benefit Services Manager, Employee Benefits

Re: UPDATED Benefits at a Glance Brochure

We are pleased to share with you the updated benefits at a glance brochure. As of June 1, 2020 this brochure will replace the previous version and will be included in the welcome package sent to employees as they become benefit eligible.

Below is a list of the updates made:

- Massage therapy has an annual maximum of \$500 effective June 1, 2019
- Psychology/Social Work has an annual maximum of \$2,000 effective June 1, 2020
- References to Great-West Life are updated to show Canada Life

The new benefits at a glance brochure is available to view on our website www.3shealth.ca. In addition, we have hard copies available to send to you. If you would like hard copies of the brochure, please email ebp@3shealth.ca and provide us with the amount you require and the mailing address to send them to.

Please recycle any existing stock of the previous benefits at a glance brochure you may have on hand.

If you have any questions regarding the updated benefits at a glance brochure, please contact Lorne Shiplack at lorne.shiplack@3shealth.ca or 306.347.5528.