

Retirement Benefit Information

SUN LIFE FINANCIAL

CUSTOMER SERVICE CENTRE 1-800-361-6212
(questions about your current Extended Health Care, Dental plan and HSA – you will require your
Member # {MRU ID #} and Plan # 100602

GROUP BENEFITS www.mysunlife.ca

HEALTH & DENTAL COVERAGE FOR RETIREES 1-877-893-9893
MY HEALTH CHOICE PLAN

My Health CHOICE will ensure that you and your family can maintain many of the benefits you enjoyed under your Health and Dental group plan. You can choose Extended Health, Dental, Travel Insurance and Best Doctors. Apply within 60 days of your group benefits ending and your coverage is guaranteed – with no medical. If you wait and apply after **60 days**, full medical underwriting will be required.

<https://www.sunlife.ca>

ALBERTA RETIRED TEACHERS' ASSOCIATION (ARTA)

1-855-212-2400

<https://www.arta.net/member-services/participating-organizations/education-affiliate/mtroyal/>

The ARTA Health & Wellness Benefits Program is available to retired applicants that have contributed to Local Authorities Pension Plan (LAPP) for 5 or more years. To apply for ARTA's Health & Dental plans, members should enroll within **60 days** of leaving a group benefit plan due to retirement. You may choose any combination of Extended Health Care, Dental Care and Travel Insurance.

ALBERTA BLUE CROSS

Toll Free: 1-800-394-1965

www.ab.bluecross.ca

Health Plans for individuals and families
Health Plans for seniors (age 65 & over)

Note: To avoid delay in coverage you should apply for Alberta Blue Cross within **30 days** of the date of termination from group plan.

LOCAL AUTHORITIES PENSION PLAN

Toll Free: 1-877-649-5277

<https://www.lapp.ca/page/lapp-home>

Start retirement process at three **(3) months** prior to your retirement date.

Contact: Cindy Hamonic
Benefits and Pension Advisor, Human Resources, Mount Royal University
Phone: 403 440-5911
Room E-208

CAMPUS CARD

You may exchange your Employee CampusCard for a "Retired" CampusCard at the CampusCard office. This will give you continued entitlement to certain benefits and privileges throughout the University i.e., Library and Recreation Facilities.