






Extra Foods Members:

Confused About Your Benefits?

Every UFCW 832 member working at Extra Foods gains access to the following benefits based on the average number of hours regularly worked.

ALL PART-TIME MEMBERS AFTER SIX MONTHS		Tier 1 - Health and Welfare Benefit Plan <u>PBAS BENEFITS:</u> <ul style="list-style-type: none">- Vision care- Prescription drugs- Chiropractor- Physiotherapist- Massage therapist- Travel health- Ambulance- Wigs & Hairpieces- Orthotics <u>PBAS SICK PAY:</u> <p>You can earn up to seven days. Every 150 hours worked earns you a half-day of sick pay.</p>
AVERAGE OF 12 HOURS PER WEEK		Dental Plan - Single Plan Coverage <p>Through the MFCW Dental Plan, you are now eligible for Dental Coverage for yourself.</p>
AVERAGE OF 20 HOURS PER WEEK		Dental Plan - Dependent Coverage <p>Through the MFCW Dental Plan, you are now eligible for Dental Coverage for yourself and your dependents.</p>
AVERAGE OF 32 HOURS PER WEEK FOR 13 WEEKS		Tier 2 - Health and Welfare Benefit Plan <u>PBAS BENEFITS</u> <ul style="list-style-type: none">- Expanded medical providers and services- Life Insurance- Physiotherapist- Massage therapist- Travel health insurance- Ambulance- Wigs/Hairpieces- Orthotics- Vision <u>MANULIFE BENEFITS</u> <ul style="list-style-type: none">- Short-term disability- Prescription drug coverage <u>LOBLAW SICK PAY:</u> <p>You can earn up to 48 hours per year, to a total max of 120 hours. You earn four hours for each four-week period, if you work at least 128 hours. Loblaw sick pay should be used first, but you also have access to the Tier 1 PBAS Sick Pay.</p>
FULL-TIME WORKER CLASSIFICATION		<u>LOBLAW SICK PAY:</u> <p>You can earn up to 20 days at a rate of four hours per month. Sick pay will cover shifts not covered by other benefits.</p> <p>PLUS: Full-time employees gain the Tier 2 - Health and Welfare Benefit Plan</p> <u>MANULIFE BENEFITS</u> <ul style="list-style-type: none">- Long-term disability

How do I make a claim?

PBAS - Get the appropriate form from Loblaw, or visit our website at ufcw832.com/benefits. Send the form with a copy of your receipts to: westfair@pbas.ca

MFCW - Go to the dentist and show your MFCW Dental Card.

Manulife - Visit manulife.ca/groupbenefits and sign in. Then you can access your forms.