

No Frills Members:

# Confused About Your Benefits?

UFCW 832 members working at No Frills gain access to the following benefits.

**PART-TIME MEMBERS  
AFTER FIVE YEARS**



## **CANADA LIFE BENEFITS**

- Prescription drugs - single plan coverage
- Optical - single plan coverage

**FULL-TIME MEMBERS**



## **CANADA LIFE BENEFITS**

- Life insurance
- Accidental death and dismemberment
- Short and long-term disability
- Prescription drugs - single plan coverage
- Optical - dependent coverage

## **SUPPLEMENTARY HEALTH CARE - FAMILY COVERAGE**

- Semi-private hospital care
- Ambulance
- Chiropractor
- Osteopath
- Naturopath
- Podiatrist
- Physiotherapist
- Speech therapist
- Psychologist
- Masseuse
- Hearing aids
- Dental

**How do I  
make a claim?**

You can request claim forms from Loblaw or setup online access at [my.canadalife.com](http://my.canadalife.com).

**If you have any questions, please contact your Union Representative.**

