

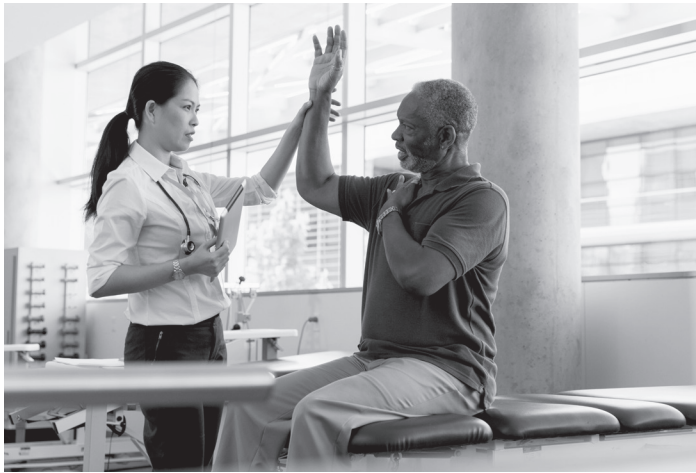
Pension Life

Your connection to the Teachers' Pension Plan

Comprehensive care: Changes to retirement health coverage

Message from the trustees

Your extended health plan is changing on January 1, 2025. After a full review, we are taking action to ensure your health coverage better reflects members' needs. These changes will improve coverage for vision care, hearing care and paramedical services like physiotherapy and counselling. The changes will also help keep the plan sustainable for all plan members now and in the future.



What's changing?

- Coverage for vision care, including eye exams, will increase to \$400 every two years for adults and children—up from \$300 every two years (adults) and every year (children).
- Coverage for hearing care will increase to \$2,000 every five years—up from \$1,400 every four years.
- Coverage for paramedical services, including counsellors and social workers, will increase to \$1,500 every year—up from \$1,000 every year.
- Prescription drugs will be covered at 80 per cent up to \$2,000 of paid expenses (previously the first \$1,000 of paid expenses), then at 100 per cent of eligible expenses for the remainder of the calendar year.
- Coverage for prescription drugs will have an annual maximum of \$20,000 per claimant.
- We are removing the preferred arrangement on prescriptions with Costco.



New security added to My Account

We have added two-step verification to My Account, providing an extra layer of security online. From now on, each time you sign in to My Account, we'll send a one-time verification code to your personal email address. You will need that code to access My Account. This new measure helps keep your information private and secure.

Please take a moment to sign in to My Account now and confirm that we have your correct email address.

Engagement and decision making

In fall 2023, we engaged with retired members and those approaching retirement, seeking feedback on options for potential changes to the retirement health coverage program. The results of this engagement were shared on the plan website in spring 2024. The board reviewed and considered member feedback, along with best practices for plan administration, data on how coverage is used and financial analysis. These factors helped determine the changes made.

Retirement health coverage remains optional and is member funded. We periodically review the program to ensure that coverage and premiums align with the best interests of plan members.

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member funded.

For detailed information, please visit the plan website. Your health matters, and extended health care and dental coverage remains a priority for the board. Thank you to everyone who participated in the engagement.

A note about the Canadian Dental Care Plan

Recent information from the Government of Canada indicates most retired members are not eligible to participate in the Canadian Dental Care Plan (CDCP). You may be eligible if you opted out of the dental plan offered by the Teachers' Pension Plan before December 11, 2023.

Do not make any decisions about your current and future dental coverage until you review the CDCP eligibility criteria on the [Canadian Dental Care Plan](#) web page. If you decline or cancel the dental coverage offered through the Teachers' Pension Plan, you may not be allowed to rejoin at a future date.



- ✓ Get an income verification letter
- ✓ View payments and statements
- ✓ Update your personal information
- ✓ View health and dental coverage



Visit myaccount.pensionsbc.ca or scan the QR code with your mobile device.

Ankie Carswell: A lesson on lifelong learning



Ankie Carswell has always been keen on learning. From early on in her career, she took every opportunity she could to learn about the pension plan and get involved in pension advocacy. Currently a district principal with School District 39–Vancouver, Ankie became a member of the pension plan when she started her career as an inclusive education teacher in the late 1990s.


Ankie was appointed to the Teachers’ Pension Board of Trustees in January 2024 by the BC Teachers’ Federation (BCTF). She’s also served as a member, including time as chair, of the BCTF Teachers’ Pension Plan Advisory Committee and BCTF Pensions Committee since 2008.

Along the way, Ankie learned a lot about pensions, including how to calculate one manually. “I am very thankful we no longer need to have this complex skill of calculating highest average salary for part-time teachers who have past full-time service and took time off for child rearing,” she says. She’s now more than happy to let the machines do the math.

As a trustee, Ankie recognizes that there’s always more to learn. For her, the most interesting part of trusteeship is “the responsibility of being even-handed, making the best decision for members, while being both fiscally and socially responsible.”

When she joined the board, Ankie brought with her the experience of having been on several community boards—for the De Danaan School of Irish Dance, New Westminster Baseball Little League and Freestyle Vancouver (a local ski club). She currently serves on the New West Minor Baseball Association board of directors.

Beyond the boardroom, Ankie enjoys her community of New Westminster and spending time with her husband of more than 20 years, James, and their two teenage children. She is fluent in American Sign Language and recently took up snowshoeing, her latest winter sport. In her limited spare time, she likes running, reading, knitting, crocheting and crafting.

 Timely tips, news and links [@BCTeachersPlan](https://twitter.com/BCTeachersPlan)

Pension Life is published twice a year. You may receive more than one copy of *Pension Life* if you receive a pension from more than one plan. Read your statement letter to determine which plan provides your group benefits. Any person entitled to a benefit, or their agent, has the right to examine plan documents, data and public information about the plan.

Pension payments 2024

July	30	October	30
August	29	November	28
September	26	December	23

Direct deposit dates may vary for banks outside Canada.

• tpp.pensionsbc.ca/pension-payments-and-dates

Showcase your retirement lifestyle!



Sign up to participate in a photo shoot in the fall with a professional photographer. Your photos may be used in Teachers’ Pension Plan publications like *Welcome to Retirement*, the annual report and more.

You’ll receive a digital photo from the shoot as a token of our appreciation.

• Sign up today by emailing memberphotos@pensionsbc.ca

Go paper-free

Choose to receive email notifications when digital versions of *Pension Life*, tax slips, annual statements or other pension information is available online.

• myaccount.pensionsbc.ca



Contact GreenShield for questions about your extended health care and dental coverage.

Web: greenshield.ca Toll-free: [1-888-525-7587](tel:1-888-525-7587)

Retirees’ associations

BC Retired Teachers’ Association

The BCRTA guards the interests and promotes the welfare of its members.

Web: bcрта.ca Toll-free: [1-877-683-2243](tel:1-877-683-2243) (BC)

Email: office@bcрта.ca

BC Retired Principals’ & Vice-Principals’ Association

The BCRPVPA is a group of retired professionals with common goals and interests. It promotes the welfare of its members, fosters liaisons among members and active principals and vice-principals, and supports young people by providing scholarships and bursaries.

Web: bcrpvpa.ca

BC School Superintendents Association

The BCSSA—transforming, reforming and innovating: leading and learning together.

Web: bcssa.org



Pension Life

When contacting the plan, please include your Person ID number. (See your pension statement.)

Web: tpp.pensionsbc.ca

Toll-free: [1-866-876-8877](tel:1-866-876-8877) (Canada/U.S.)

Mail: PO Box 9460, Victoria BC V8W 9V8