

Benefits You May Be Forgetting to Use

Your benefits are part of your overall compensation. They are not extras. They are benefits you have earned, so it is worth taking a few minutes to make sure you are getting the most from them.

Health & Dental

Routine dental care, prescription medications and other eligible health expenses can add up quickly. Review your coverage regularly and make sure you understand what is available to you and your eligible dependents. Don't wait until you need a service to learn what is covered.

Vision Care

When was your last eye exam? Vision benefits can help with eligible eye examinations, prescription glasses or contact lenses. If you have been putting off an appointment, take a moment to check your available coverage.

Employee Assistance Program

EAP is not only for a crisis. Depending on the services available through your plan, assistance may include confidential support for stress, family concerns, relationships, financial challenges or other personal situations. Knowing where to turn before you need support can make a difference.

Wellness & Other Benefits

Take some time to review all of your available benefits. You may have access to services or reimbursements you have simply forgotten about.

CUPE TIP

Benefit coverage, maximums and eligibility can change. Check your current Efficiency Manitoba benefit information before booking services or making purchases.

Your benefits are an important part of your employment package. **Use them. Understand them. Don't leave valuable benefits on the table.**

Have questions about your workplace rights or collective agreement? Contact **CUPE Local 998**.

Stay informed. Stay connected. Stay union strong.