

Benefits **FWY**

Providing consumer benefits and health information to UBC employees

Spring 2008



Commuting on Two Wheels

CYCLE TO WORK AND ENJOY THE HEALTHY, GREEN BENEFITS

Personal health. Reducing carbon footprints. Gas prices. These are just some of the reasons you may be considering alternative transportation. Biking to work may not be for everyone, but if you are willing to put in the leg time, you can expect to reduce your stress, build a stronger heart and lungs, increase your energy level, maintain a healthy body weight and achieve an improved outlook on life.

With the summer months ahead, are you

ready to get moving and reap the rewards of cycling to work? The following UBC-wide amenities are available to help make your cycling commute easier and more convenient. If you are a UBC employee working at other UBC locations – including Robson Square, the hospitals or Great Northern Way, please contact your health or transportation representative for your commuting options or contact the TREK office closest to you.

Have a safe and invigorating ride! 



UBC POINT GREY CAMPUS

UBC OKANAGAN CAMPUS

Getting There:

It's easy to get from Point A to B.

Visit http://www.translink.bc.ca/Maps/cycling_map_guide.asp for Metro Vancouver bicycle maps.

By Fall 2008, a bike commuting map with bike rack locations will be available on the UBC Okanagan website. Contact Campus Recreation Coordinator, Kevin Mobbs, at 250-807-9174 for more information.

In the meantime, visit <http://www.city.kelowna.bc.ca/CM/Page903.aspx> for City of Kelowna bicycle maps.

Keeping It Safe:

Looking for convenient bike racks and secure bike parking?

Visit www.trek.ubc.ca/programs/cycling/index.html#securefacilities for locations.

Bike racks are located throughout campus, including a covered bike rack in front of the Student Services Building next to the Welcome Centre.

Visit <http://www.trek.ubc.ca/programs/cycling/index.html#thefitips> for more on bike security.

Cleaning Up:

Shower facilities are available across campus.

Visit <http://www.trek.ubc.ca/programs/cycling/index.html#showers> for locations.

Showers are available in the gym and on the first and second floors of the Science Building. In 2009, there will be shower facilities in the new University Centre Building.


Fixing It Up:

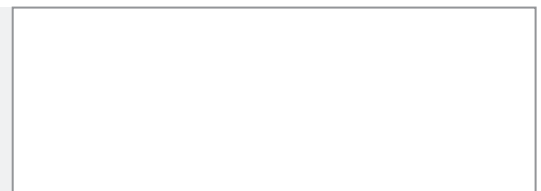
Don't own a bike or need yours fixed?

Visit <http://www.thebikekitchen.com> to purchase the right bike for you or to find out about bike repairs.

A bike repair facility will be available once the University Centre Building is completed in 2009. Look online or in the telephone book for Kelowna bike repair shops.

For More Info:

Contact UBC TREK at 604-827-8735 or trek.projects@ubc.ca or visit <http://www.trek.ubc.ca/okanagan/choices.html> 



Q & A: Vision Care Claims

GAIN SOME INSIGHT INTO YOUR VISION CARE CLAIMS

Q: As a Management & Professional Staff Member, my extended health benefits provide me with up to \$400 to claim every 24 months for vision care. On June 15, 2007, I purchased contact lenses and submitted my first vision care claim for \$150. I would also like to purchase prescription glasses in April 2008. Because my first vision care purchase was on June 15, 2007, does that mean I have a balance of \$250 to claim for the period from 2007 to 2009?

A: It's important to note that the amount of vision care coverage available to you is up to \$400 in any 24-month period from the date of service. If you purchased \$150 on June 15, 2008, the remaining balance for vision care would be \$250 for the period of June 16, 2007 to June 15, 2009. However, if you do make another vision care claim during this period, the anniversary date will be 24 months from the date of the last purchase.

HOW A VISION CARE CLAIM WORKS

Scenario	Benefit Period	Date of Last Purchase	Amount of Last Purchase	Coverage Currently Available	Full Coverage Next Available	Full Coverage Amount
#1: <i>First Vision Care Claim</i>	15 Jun 2007 to 16 Jun 2009	15 Jun 2007	\$150	\$250	16 Jun 2009	\$400.00
#2: <i>No Claims during balance of Benefit Period</i>	15 Jun 2007 to 16 Jun 2009	15 Jun 2007	\$150	\$250	16 Jun 2009	\$400.00
#3: <i>Second Claim during Benefit Period</i>	15 Jun 2007 to 16 Jun 2009	02 Apr 2008	\$100	\$150	03 Apr 2010	\$400.00

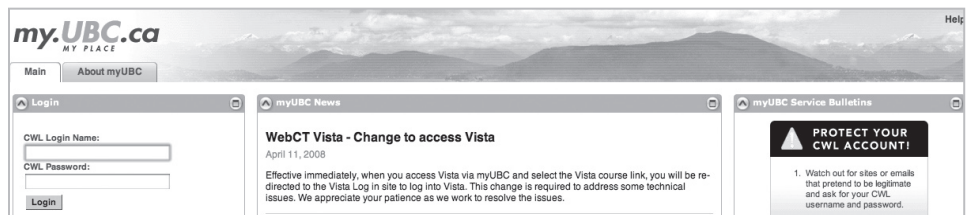
myTotal Compensation

A PERSONAL LOOK AT YOUR COMPENSATION PACKAGE

myTotal Compensation is an online statement that provides a comprehensive, personalized view of your total compensation package. If you are looking for information about your salary, benefits, pension and time-off provisions, including personal and professional development opportunities, you can find it all using *myTotal Compensation*.

Launched in 2006, *myTotal Compensation* is a convenient, secure, environmentally friendly way to access your compensation details. If you have questions about your salary, benefits or pension plan, *myTotal Compensation* can be your first step to finding answers.

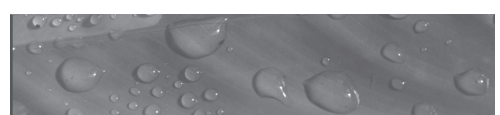
Your 2007 statement is now available! To view your latest *myTotal Compensation* statement, log in at <http://www.my.ubc.ca> or <http://www.msp.ubc.ca> using your Campus-Wide Login (CWL) ID and select 'Faculty and Staff Self Service'. Each *myTotal Compensation* statement is protected by the secure website.



UBC Human Resources is continually looking for ways to enhance its online content and features to better serve employees. Based on feedback received through a user survey in 2006, we have made the following improvements:

- **Benefit Line Items:** Benefits such as meal allowances, taxable tuition, housing, faculty housing loans, and shares for inventors are now quantified.
- **Calendar Year Comparison:** View statements from previous years beginning with 2006, as well as current year-to-date.
- **User and Print Friendly:** Total compensation elements are now grouped using sub-headings and there is an option to print on one page.

For log in instructions and FAQs, or to view your *myTotal Compensation* statement, visit http://www.hr.ubc.ca/total_comp/index.html.



Benefits FYI is a publication from UBC's Department of Human Resources and provides consumer benefits and health information to UBC employees on a quarterly basis.

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Benefits Information

Our Group/Policy/Contract Number for Sun Life - 25205

Your Member ID/Certificate Number with Sun Life is your 7-digit Employee ID.

Sun Life Members' website - www.sunlife.ca/member or call 1-800-361-6212.

UBC Benefits website - www.hr.ubc.ca/benefits or benefitsinfo@ubc.ca.