1. Opt-Out Online:

- -Go to: www.selkirkstudents.ca
- -Under "Services" click on the "Extended Health and Dental Plan.
- -Scroll down to "our health coverage management website"

OR

-Go to: J & D Benefits

https://scsu.studenthealthbc.ca/

THFN

- -Go to top right, click on "Opt Out Here" (Hit refresh, if not working)
- -Fill out all the boxes with existing extended health and dental information.
- -You will receive a confirmation email that your information has been received. (This does not mean that you will be automatically opted out. If there is any concerns about the information provided you will be contacted by the email you provided.)
 - -Keep this for your records.
 - -It may take a few weeks until the opt-out is processed to you Selkirk College account.

2. Opt-Out With Form:

- -Filled out and signed copy of our Opt-Out Form accompanied by;
- -Proof of existing extended health care plan including
 - -Name of provider
 - -Primary plan holder's name and policy #
 - -Student's name, as dependant on the plan, if applicable

^{*}A photocopy, picture or screen shot of your card, a letter from your employer or health care provider or a photocopy, picture, screen shot of a bill or if you've logged on to your coverage with your health care provider would be considered proof.*

- -Both form and proof of coverage must be received by SCSU at:
- Selkirk College Students' Union (SCSU)
 301 Frank Beinder Way
 Castlegar, BC V1N 4L3

Ph# 250.365.1262

- 2. Email: healthanddental@selkirkstudents.ca
 - Extended health and dental coverage is mandatory for all full-time Selkirk College students.
 - All full-time students, meeting requirements, are automatically added to the Selkirk College Students' Union extended health care plan.
 - You MUST have an existing extended health care plan to opt-out.
 - MSP is NOT extended health/dental coverage.
 - You MUST opt-out by the last day of the month that your course started.
 - Once you have opted-out, it is permanent.
 - It is your responsibility to confirm opt out was processed. Please do not wait. It is easily corrected if found quickly during opt out period.

If you do not opt-out properly and on time, the last day of the month that your course starts, you will be automatically have the coverage and the associated fees will remain on your account.