

## Education Workers' Benefit Trust Benefits Plan Enrolment

Please note that you **MUST** enroll into the plan in order to be eligible for benefits.

Visit [www.otip.com/enrolmenthelp](http://www.otip.com/enrolmenthelp) to learn more.



Follow these steps:

1. Refer to the email you will receive from OTIP for your personal enrolment instructions.
2. Register online at [www.otip.com/enrol](http://www.otip.com/enrol)
3. Review and confirm your personal information and your coverage details to complete enrolment.
4. Designate a beneficiary for your life insurance and print, sign and mail the Beneficiary Designation Form to OTIP.
5. Finish submitting outstanding eligible expenses incurred up to and including Feb. 28 to Green Shield.

Your benefits coverage is not active until you enroll. If you have not received an email with enrolment instructions by Feb. 19, please contact OTIP Benefits Services at 1-866-783-6847, Monday to Friday from 8 a.m. to 8 p.m. and Saturday from 8 a.m. to 3 p.m. (but not during your working hours)

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## EI Code for Ten-Month Employees

The code required when applying for Employment Insurance over March Break has been posted on the CUPE 4186 website <http://www.4186.cupe.ca/>

## The Employer wants you to TAKE YOUR BREAKS

While navigating the employer website, I happened upon a section under Wellness that speaks to taking breaks. I suggest you print this out and show it to your supervisors the next time they want you to skip your break.

Taking breaks during your workday is very important to maintaining your energy, your fitness and nutrition levels and your productivity as an employee.

A series of Take Your Break suggestions can be found on Great-Life Centre for Mental Health in the Workplace:

<http://www.workplacestrategiesformentalhealth.com>, including activities intended for calming, energizing and relaxing. Not all of the activities are suited for every work environment, but perhaps they will get us thinking about best ways to spend those breaks outlined in Article 21 of our Collective Agreement.

## Meeting Attendance Incentive

CONGRATULATIONS TO JANUARY WINNER



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## Happy Heart Month!



*February is Heart Month. Here's how to prevent heart disease, what signs and symptoms to look for, and five tips for living your healthiest life.*

Heart disease is the second leading cause of death in Canada, and the leading cause of death among Canadian women. With February marking Heart Month, we're turning our attention to spreading awareness about heart disease and how you can improve your heart's health starting today.

To learn more, visit [www.otip.com/article21](http://www.otip.com/article21) to learn about five tips for living your healthiest lifestyle.

## Union Provides "Remedy" for Bill 115 Woes

CUPE educational workers who were employed during the 2012-13 and/or 2013-14 school years recently received a settlement or "remedy" for having their collective bargaining rights breached. The Ontario Supreme Court ruled in the Union's favour that the Ontario Government's Bill 115 contravened the Charter of Rights and Freedoms.

Thank you to CUPE Ontario and the Ontario School Board Coordinating Committee (OSBCC) for working on our behalf for justice.

## Upcoming General Meetings

- ✓ Saturday, February 24
  - ✓ Saturday, March 24
  - ✓ Saturday, April 14
  - ✓ Saturday, May 12
  - ✓ Saturday, June 9
- All meetings begin at 9:30 at the Local office unless otherwise announced. Child care is available.

## News Items Welcome

If you have any items for the newsletter, please let Communications Vice-President Danielle Powell know at [daniellepowellcupe@gmail.com](mailto:daniellepowellcupe@gmail.com)