



MY BENEFITS • MY HEALTH • MY WELLBEING

Supporting you and your loved ones



Queen's
UNIVERSITY



A Culture of Wellbeing

At Queen's University, we strive to nurture the health and wellbeing of our people and our community. We want our employees to feel respected, safe, valued, and empowered to thrive.

That's why our benefit programs have been designed with the physical, mental, and financial health of our staff, faculty, and their families in mind. We provide a wide range of coverages to best suit their diverse needs now, and in the future.

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PRESCRIPTION DRUGS



MEDICAL SERVICES AND SUPPLIES



PARAMEDICAL SERVICES



EMERGENCY TRAVEL ASSISTANCE



DENTAL CARE



VISION CARE

Your Physical Wellbeing

At Queen's University, the health and wellness of our employees is our priority. When our people are well, our university thrives. Our benefits programs are designed to provide coverage for our employees when they need it most.

Queen's University is proud to offer comprehensive health, dental, and vision care benefits to support employees and their loved ones.

Provided by Manulife, Queen's University benefits cover a range of areas including prescription drugs, paramedical services, glasses and contact lenses, dental and orthodontic treatment, as well as Emergency Travel Assistance.

Queen's University Campus Wellbeing Framework

The goal of the Campus Wellbeing Framework is to encourage a culture of wellbeing that inspires and enables all who live, learn, and work at Queen's to thrive. This has a positive impact far beyond Queen's, strengthening the health and sustainability of current and future societies. To learn more, visit queensu.ca.



Employee Wellness

Queen's University is committed to achieving a healthy and sustainable workplace that enhances the mental health and wellbeing of all employees. We support this commitment by promoting a holistic approach to wellness through a range of engaging resources, programming, and specialized services available to all employees.

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PSYCHOLOGISTS/ PSYCHOTHERAPISTS



EMPLOYEE AND FAMILY ASSISTANCE PROGRAM



SHORT-TERM SICK LEAVE



LONG-TERM DISABILITY INSURANCE

Your Mental Wellbeing

We strive to promote a culture of inclusion, belonging and strong social connections. We know that mental health is an essential element of overall wellbeing and are proud to offer a variety of mental health supports for our employees.

In addition to the mental health coverage provided through Manulife, employees and their loved ones can also use our Employee and Family Assistance Program (EFAP) to find answers to questions about work, life, health, family, and finances.

Telus Health (formally LifeWorks), our EFAP provider, offers confidential, professional, and personalized wellness services that are available to employees and their family members, 24/7. Services range from counselling, assessments, toolkits, videos, podcasts, and more.

To give employees the time they need to prioritize their health, we offer generous sick leave and long-term disability policies. We also offer a range of basic and optional insurances to provide peace of mind to employees and their families.

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LIFE INSURANCE



INCOME PROTECTION



PENSION PLAN

Your Financial Wellbeing

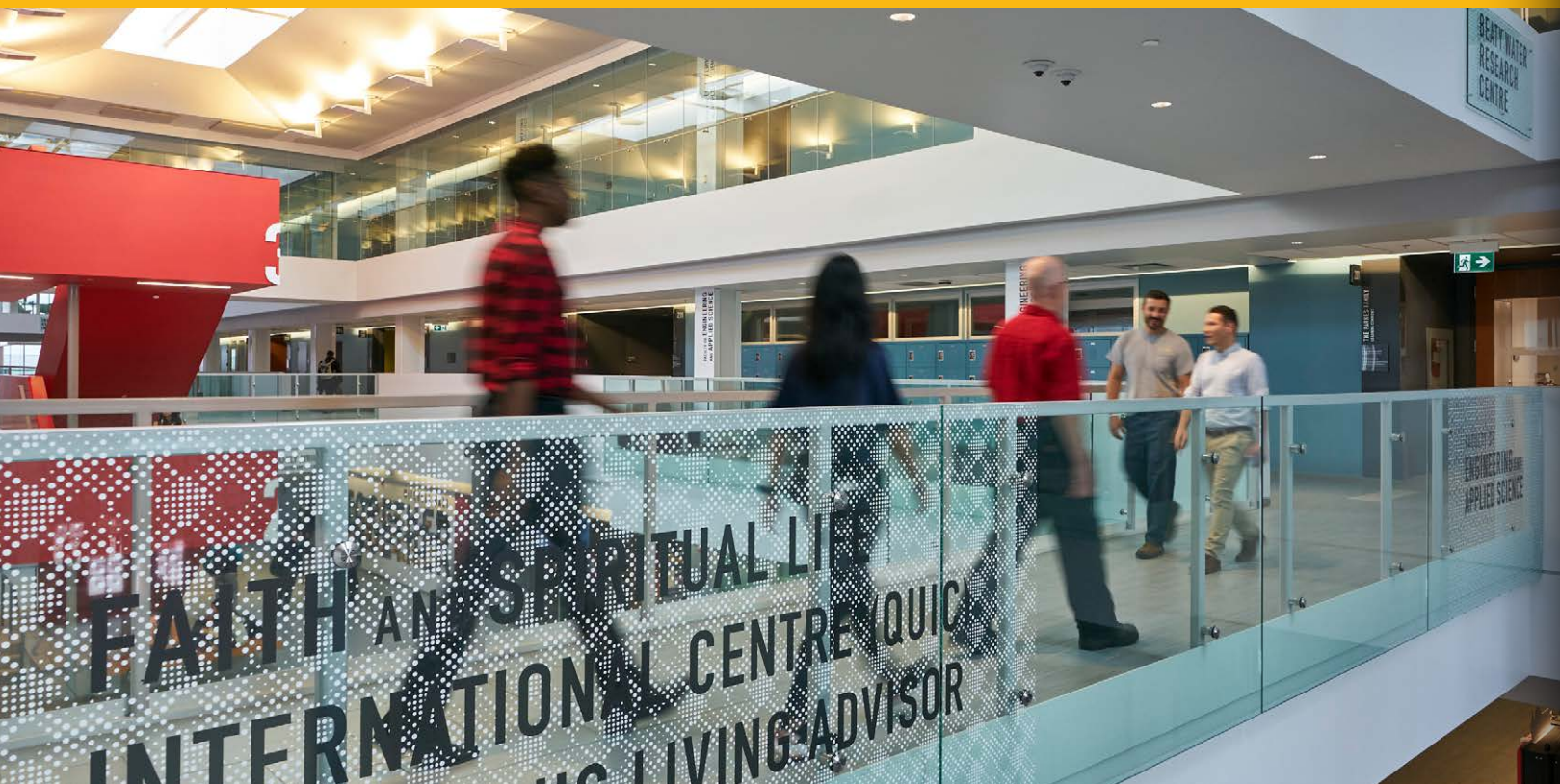
Financial preparedness and wellness are critical to overall health and wellbeing. That's why Queen's University provides a competitive Total Compensation package to help employees and their families achieve financial wellbeing.

Queen's University benefits include life insurance and income protection coverage, such as accidental death and dismemberment, critical illness and long-term disability insurance to provide financial security in case of unforeseen circumstances.

We also provide worry-free retirement planning. As members of the University Pension Plan (UPP), Queen's University employees receive a secure income for life during retirement.

Retiree Benefits

Queen's University retirees continue to be an important part of our community. We are proud to provide eligible retirees with access to health care and insurance benefits to support their wellbeing. That means one less thing to worry about as you plan the next stage of your life.





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Human Resources

To learn more about our benefits, visit
queensu.ca/humanresources