



Get answers on my-benefits.ca

If you have any questions or concerns, please contact your benefits advisor or Service Representative, or CINUP Customer Care Centre toll-free at 1 800 665.1234 or email eebenefits@cinup.ca



CINUP
1051 King Edward Street, Winnipeg, MB R3H 0R4
www.cinup.ca



Administered by Johnston Group Inc.

CU_mybenefitsbrochure_1117_e

Questions about your benefits? Your health?

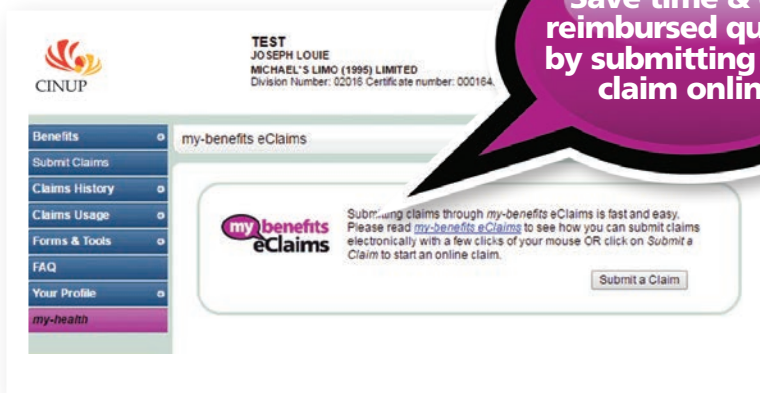
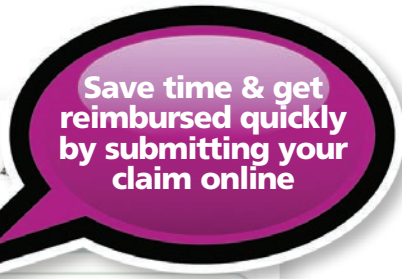




With **my-benefits.ca** you get quick and secure online access to your group benefit information. Get access to personalized information about benefits, claims, coverage and more – online, any time.

- View your **benefit coverage**.
- **Submit claims electronically**.
- View **any submitted claims** for you and your dependents.
- Check to see your **eligible coverage** or when you are next eligible for services.
- Sign-up to **deposit your health and dental claim payments** directly into your bank account.
- Access **my-benefits health**[®], where reliable resources provide health information you can trust.

Registration is easy. Verify your identity, choose your own user ID, and your registration is complete.



Enjoy all the advantages of *my-benefits* on your Android™ device or iPhone. Simply search 'my benefits' in either Google Play or the Apple Store and download the app to submit claims, view your coverage, access your Assure drug card, view your claims history and much more.

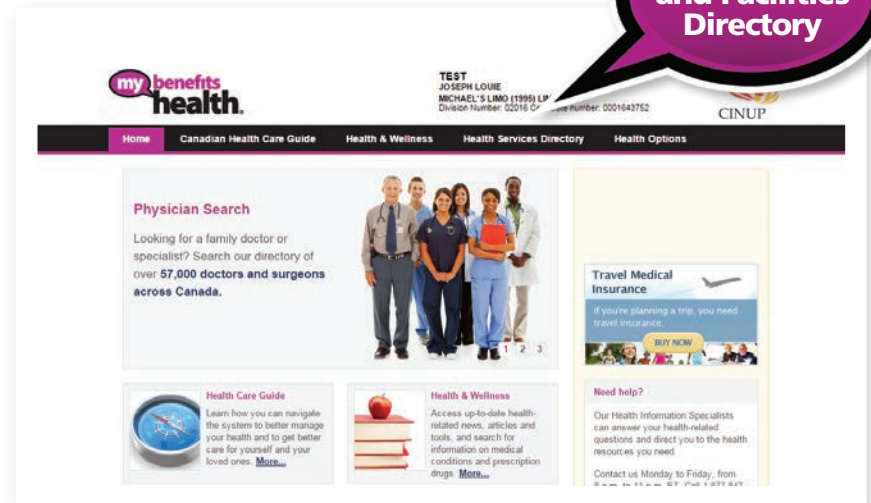
It's **free**, convenient, and can save you time and paper. **Download it today!**



And by registering for **my-benefits**, you gain access to our health and wellness site.

Any health issue or concern brings questions. **my-benefits health** provides you easy access to reliable health tools and resources allowing you to choose the best course of action for your family.

- Find a family doctor or specialist.
- Check procedure wait times.
- Locate patient assistance programs.
- Explore resources on senior care.
- Search Canadian prescription drug and conditions libraries.
- Read topical newsletters



By learning more about health issues and conditions, and available resources, **my-benefits health** can empower you to make knowledgeable decisions about your family's health care.

Why not let **my-benefits** and **my-benefits health** start working for you today!

Register at my-benefits.ca