



Benefit Bulletin - August 2026

Annual Student Status Reminder

In late July of each year, OpenCircle Benefits contacts benefit plan members with dependent children between the ages of 21 and 24 who are listed as full-time students.

Student status must be renewed annually to confirm whether the dependent will continue to be a full-time student in the upcoming school year. If OpenCircle Benefits does not receive proof of continued full-time studies by August 31, 2026, the dependent's coverage under the OpenCircle Benefit Plan will be terminated effective September 1, 2026.

Students may also be able to waive the Health and Dental coverage on their school plan by providing proof of their coverage under the OpenCircle Benefit Plan. Should you have questions, please contact [our team](#).

Alberta Bill 11 Impacts

OpenCircle Contractors Association is sharing an important update for our members regarding the Government of Alberta's Health Statutes Amendment Act, 2025, commonly referred to as Bill 11. The legislation is scheduled to take effect on October 1, 2026, and will change how certain prescription drug and supplemental health benefits coordinate between employer-sponsored plans and Alberta government programs in Alberta.

The key message is straightforward: **these changes may affect how your claims are paid under your benefit plan, but no action is required from you.** OpenCircle Benefits is monitoring the legislation, working with our systems and administrative partners, and taking care of the benefit plan work needed to support compliance and implementation so that you can continue to utilize your benefits with ease.

What this means for you is that if you have a public plan such as Alberta Coverage for Seniors or Non-Group Coverage), these will no longer be first payor. These plans will now become secondary for you and your eligible dependents for eligible prescription drugs and certain supplemental health claims. Your provider can coordinate this for you where applicable.



The Role of Pharmacists in Alberta

Pharmacists are an integral part of your healthcare team and have a broad scope of practice. In Alberta, they are able to prescribe drugs, adapt and renew prescriptions, order and interpret lab tests, and administer injections and vaccines. Other provinces have recently broadened their scope of practice to fall in line with the increased scope of pharmacists in Alberta.

OpenCircle Benefits has an affiliated pharmacy called Well and Truly Rx. While optional for OpenCircle plan members, the pharmacy is conveniently located within OpenCircle's St Albert Trail office.

Members have access to Reformulary Group's DrugFinder® search tool – you can search your medications and find out if your drug is preferred or non-preferred, reimbursement levels and if there are clinically similar alternatives that may cost you less. You can show alternatives to your pharmacist.

Teledoc Health August Newsletter

August topics include:

- End of Summer Fitness Challenge: Make the most of the season by refreshing your fitness routine and enjoying more outdoor activity.
- The Secrets to Making Habits Stick: Learn practical techniques to build healthy habits that last.
- Your Guide to Meal Prepping: Discover easy meal-planning strategies to save time, reduce stress, and support healthy eating.

Featured Recipe: Chopped Chicken Salad – A quick, nutritious, high-protein meal-prep option perfect for busy weekdays

[Click Here for the Teladoc Newsletter \(English\)](#)

[Click Here for the Teladoc Newsletter \(French\)](#)



August Nutrition on a Budget

Eating well doesn't have to mean spending more. Through approachable tips and expert insights, we'll highlight strategies for smart grocery shopping, meal planning, and building balanced meals that support energy, focus, and overall well-being—without adding financial stress. Suggested webinar programming: Food & Mood: Navigating Nutrition for Inclusive Well-Being Ten Top Tips for Healthy Living

A new GreenShield report found that employers receive \$2 back for every \$1 invested in integrated mental health support for women within two years, demonstrating how a more connected approach to care can improve health outcomes while delivering measurable business value.

As women's health needs become increasingly interconnected across mental health, hormonal health, chronic disease, caregiving, and aging, traditional benefits models often leave employees navigating fragmented systems and disconnected services. GreenShield's latest report, ***Advancing Women's Health with an Integrated Ecosystem of Care***, shows that combining coverage and care into a single experience can help women access support earlier, stay engaged longer, and achieve better outcomes over time.

Based on insights from Canadians using GreenShield+™, GreenShield's integrated healthcare and insurance ecosystem, the report highlights how connected access to mental health services, telemedicine, pharmacy care, hormonal health support, well-being services, and benefits can improve both employee health and employer value.

[Click here for the full report](#)