

RETIREE

The Executive Board of Local 183 and the Board of Trustees of the Labourer's Local 183 Retiree Benefit Trust Fund are pleased to announce the following enhancements to the benefit program.



Retiree Monthly Benefit Payment

The Retiree monthly benefit payment will reduce from \$40 per month to \$35 per month (Retiree cost of \$32.41 + 8% R.S.T.) effective September 1, 2026.



Dental Care – Fee Guide Increase

The ODA Dental Fee Guide reimbursement will increase from the current 2026 to the 2027 ODA Dental Fee Guide and adjust annually to maintain the current ODA Fee Guide for all dental claims incurred on or after January 1, 2027.



NEW! LiUNA Local 183 Health Clinic – Registered Dietitian Services

Retirees and their eligible dependents will now have access to a Registered Dietitian (RD) for in-person assessments, offering private one-on-one consultations to address a wide range of nutrition and health priorities, including Weight Management, Chronic Disease Management (diabetes, heart disease, high blood pressure, fatty liver disease, etc.), Digestive Health Concerns (irritable bowel syndrome (IBS), food intolerances, bloating, etc.), Food Allergies (gluten, lactose intolerances, etc.) and more.



NEW! LiUNA Local 183 Mental Health & Wellness Centre – Mental Health

Located at the LiUNA Local 183 Headquarters in Vaughan, Retirees and eligible dependents will have access to confidential, in-person mental health services to assist in healing and recovery while focusing on a journey to healthy minds and healthy lives. The clinic will provide onsite support for stress, anxiety, depression, trauma, triggers, and other emotional challenges affecting daily life and will be operational in the 4th Quarter of 2026.



NEW! LiUNA Local 183 Mental Health & Wellness Centre – Substance Abuse

Located at the LiUNA Local 183 Headquarters in Vaughan, Retirees and eligible dependents will have access to confidential, in-person addiction and substance counselling services. The program will assist individuals experiencing early signs of substance abuse and provide support for alcohol, prescription medication, and substance use concerns, including recovery planning and relapse prevention and will be operational in the 4th Quarter of 2026.



NEW! LiUNA Local 183 Mental Health & Wellness Centre – Psychiatric Consultations

Effective September 1, 2026, Retirees and their eligible dependents will have direct access to Psychiatric Consultations for virtual confidential assessments, providing Retirees with timely access to expert mental health assessments and treatment recommendations within two weeks. The program includes a comprehensive psychiatric assessment to review current symptoms, diagnosis, and treatment approach to provide evidence-based treatment recommendations to the treating physician. Retirees gain faster access to answers and support when needed most.



NEW! LiUNA Local 183 Health & Medical Rehabilitation Facility

LiUNA Local 183 is excited to announce an onsite integrated healthcare clinic currently being built at LiUNA Local 183. The facility is designed to address the primary, immediate and high-impact healthcare needs of the Local 183 membership. The facility is expected to be operational in the 1st Quarter of 2027 and will focus on timely access, continuity of care and provide direct access to the following:

- Access to Primary Care Physicians and Nurse Practitioners (NP) supporting initial access and care coordination billing directly through OHIP, reducing delays and minimizing out-of-pocket costs for Retirees.
- Laboratory Testing such as Bloodwork and Urine Testing, Occupational Screening, Specimen Collection, Electro Cardiograms and Immunization of Vaccine Support.
- Access to Physical Therapy services such as Physiotherapy, Kinesiologists, Athletic Therapists, Chiropractors, Podiatrists and Massage Therapists.

ENHANCEMENT REMINDER



LiUNA Local 183 Health Clinic – Risk Assessments & Reports

Take the first step towards better health by visiting the LiUNA Local 183 Health Clinic. Located conveniently at the LiUNA Local 183 Headquarters in Vaughan, the clinic offers critical healthcare services to all Retirees and their eligible dependents to stay ahead of health concerns by screening for hypertension, heart disease, cholesterol, diabetes and more. Each confidential assessment is 30 minutes and tests vital signs, body measurements, blood levels for a complete Health Risk Assessment Report which is then reviewed by a healthcare professional.

Ready to use the Apps?

First, you'll need to register your account. This process only takes a couple of minutes. Be sure to have your Member Advantage benefit card handy as you'll be asked to provide the following:

- Your 6-digit group number
- Your 10-digit certificate number



We trust that you will value the benefit program and we remain committed to keeping benefits relevant to the current healthcare environment.



Jack Oliveira, LiUNA Local 183, Business Manager
Labourers' Local 183 Retiree Benefit Trust Fund Trustee/Chairman

LiUNA! LOCAL 183
Feel the Power