



Stronger Together

2015 November 5

Staff Rep Weekly

Please share this important information with all VESTA members

Dates to Remember

Meetings at VESTA office 4pm unless otherwise indicated

November 9

Social Justice Committee

November 10

Executive Committee

November 12

There's More to it Than Money Pension Seminar

November 17

Staff Rep Assembly
4pm @Tupper

November 24

Executive Committee

November 30

Committee Meetings
• Professional Issues
• Health/Safety
• Communications



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Increases to Blue Cross Paramedical Limits

Pacific Blue Cross has made some increases to their reasonable and customary paramedical limits, effective 2015 September 1.

- Acupuncture, chiropractor and naturopath subsequent visit have remained the same.
- Massage Therapy has increased:
 - ◆ 30-minute visit is now \$60 from \$52
 - ◆ 45-minute visit is now \$90 from \$78
 - ◆ 60-minute visit is now \$115 from \$93
- “Initial visit” for naturopath has increased to \$250 from \$240
- Physiotherapy has changed from single appointment to “minutes” like massage therapy
 - ◆ 20 minutes is \$63
 - ◆ 30 minutes is \$95
 - ◆ 45 minutes is \$143
 - ◆ 60 minutes is \$190
- Podiatry increased from initial visit of \$175 to \$180

This information is available on the [CARESnet](#) website for all employees with Extended Health and Dental coverage insured with the Vancouver School Board.

Fight for 15

This fall BC's minimum wage dropped to the second lowest in Canada, yet we have the highest cost of living. Other jurisdictions, like Seattle, San Francisco and Alberta have a plan to get to a \$15/hr. minimum wage in the next couple of years. Christy Clark's plan won't get us there until 2034. Isn't it time we built an economy that works for everyone? Send a message to [your MLA and let them know it's time for BC to step up.](#)

For more information go to the [BCFED website.](#)

World Peace Forum Society: Teach-In 2015

Austerity, and Anti-Terrorism: The Two Lies and How to Fight Them
2015 November 15, 9am—5 pm at SFU Harbour Centre.