

IF HYPERLINKS DO NOT FUNCTION BY SIMPLY CLICKING ON THEM, COPY THE LINK AND PASTE IT INTO THE ADDRESS BAR OF YOUR BROWSER.

CONTACTS

- **Veterans Affairs Canada** **1-866-522-2122**
www.veterans.gc.ca
- **VAC Options for Serving & Retired RCMP Personnel**
<https://www.veterans.gc.ca/eng/rcmp>
- **VAC Treatment Benefits – Programs of Choice (POC)**
<https://www.veterans.gc.ca/eng/health-support/physical-health-and-wellness/medical-costs/coverage-services-prescriptions-devices/programs-of-choice>
- **RCMP Veterans Association** **1-877-251-1771**
www.rcmpva.org
- **Sun Life Financial** **1-888-757-7427**
www.sunlife.ca/member
(Dental, PSHCP) Must sign in...
- **Pensioners Dental Service Plan**
<https://www.canada.ca/en/treasury-board-secretariat/topics/benefit-plans/plans/pensioner-dental-services-plan.html>
- **Public Service Health Care Plan** **1-888-757-7427**
(Administration Line)
Monday to Friday, 6:30 a.m. to 8 p.m. EST.
<http://www.pshcp.ca/>

- **PWGSC (Public Works)** **1-855-502-7090**
<http://www.tpsgc-pwgsc.gc.ca/remuneration-compensation/index-eng.html> (Pension)
- **Smart Employee Benefits (SEB)** **1-833-231-0648**
www.seb-admin.com/
Group Life & Disability Insurance (replaces Morneau Shepell)
To Make Changes to Group Life Insurance
<https://fp.seb-admin.com/fpconnect/#/rcmp-grc>
Or Call between 7:30 AM & 6:00 PM E.T.: **1-877-778-8084**
- **Veterans Ombudsman** **1-877-330-4343**
www.ombudsman-veterans.gcca
- **Veterans Review & Appeal Board:** **1-800-450-8006**
www.vrab-tacra.gc.ca
- **Bureau of Pension Advocates** **1-877-228-2250**
<https://www.veterans.gc.ca/eng/veterans-rights/how-to-appeal/bureau-pensions-advocates>
- **Royal Canadian Legion** **1-877-534-4666**
www.legion.ca
- **The contact information for Service Officers in Canada is listed at this Website:**
<https://legion.ca/support-for-veterans/contact-a-service-officer>
- **National Association of Federal Retirees (NAFR)**
1-855-304-4700
Website: www.federalretirees.ca

DOCUMENTS

- **Consent for Veterans Affairs Canada to Disclose Personal Information to Third Parties**
<http://www.veterans.gc.ca/eng/forms/document/473> (English)
- <http://www.veterans.gc.ca/fra/formulaires/document/473>
(en Francais)
- **Canada Pension Plan Disability Benefits Overview Website:**
<https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html>

MEDICAL RESEARCH SITES

- **Pension Act Personal Information Protection:**
<https://laws-lois.justice.gc.ca/eng/acts/p-6/FullText.html>
- **Hearing Loss:** https://www.veterans.gc.ca/eng/health-support/physical-health-and-wellness/compensation-illness-injury/disability-benefits/benefits-determined/entitlement-eligibility-guidelines/hearing_loss
- **Mayo Clinic:** <https://www.mayoclinic.org/>

Other Medical Websites

- https://medlineplus.gov/healthtopics_a.html - Health Topics (USA)
- <https://www.merckmanuals.com/en-ca/professional>
Merck Manual for the Professional

- https://www.nejm.org/medical-specialties?query=main_nav_lg
New England Journal of Medicine
- <https://www.vrab-tacra.gc.ca/publications/Discussion-Paper-on-Hearing-Loss.pdf>
Hearing Research – Dr. John Rutka
- <https://www.google.com/search?client=firefox-b-1-d&q=orthopaedic+handbook+pdf>
Dr. William Stanish, Orthopaedic Handbook
- <https://www.canlii.org>
Canadian Legal Information Institute

MOST IMPORTANT REMINDERS

- **The Third-Party Consent Form VAC 520E is available separately and also from the VAC Website currently under Forms:**
<http://www.veterans.gc.ca/eng/forms/document/473>
- **WEBSITES AND EMAIL ADDRESSES:** Please note that the Websites and Email Addresses noted in this Manual were current as of the date of Revision. Websites and Email addresses are periodically updated and changed, so a Telephone Call and/or Internet search may be needed to locate the updated information. Share new information with the RCMPVA and all Advocates.