

## Government of Manitoba Contraceptives and HIV Programs

Manitoba Health announced in Budget 2024 that Manitoba Pharmacare Program will cover eligible contraceptive options and HIV medications for Manitoba residents.

As a result, coverage under our Drug plans for Manitoba residents has changed. The plan will no longer cover claims for prescriptions, as outlined below, made after the indicated effective dates. Plan members will not be asked to refund any claims already paid.

When filling a prescription for the above-mentioned drugs at the pharmacy, Manitoba residents will just need to provide their Manitoba Health card, and the Provincial coverage will be applied.

### Effective September 3, 2024:

The Manitoba HIV Medications Program (MHMP) covers most medications used for the prevention and treatment of HIV. This includes Pre-exposure Prophylaxis (PrEP) for people at ongoing high risk of acquiring HIV. Talk to your health care provider if you think this may be right for you.

<https://www.gov.mb.ca/health/publichealth/diseases/hiv.html>

### Effective October 1, 2024:

The Manitoba Pharmacare Program will freely cover prescription birth control for all Manitobans. Specifically, the program will cover the full cost of about 60 commonly used birth-control methods including oral contraceptives, intrauterine devices, hormone injections and others. Further details of the program are outlined in the following communication from the Government of Manitoba:

<https://news.gov.mb.ca/news/?archive=&item=64699>

The list of fully covered options included in the program is provided at the following link:

<https://www.manitoba.ca/health/publichealth/contraceptives.html#cover>



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## Teladoc Health™ Webinar – Cognitive Health & Aging

Teladoc Health's most recent webinar, ***Cognitive Health & Aging***, is now available for you to watch online. The discussion centres around aging and the brain, dementia, and brain-healthy lifestyle changes. Employees can find the link to the video on *my-benefits* under *Benefits > Coverages & Changes > Your Coverage>* (scroll to bottom) *News & Publications*.

## Teladoc Newsletter

A new issue of the Teladoc Health newsletter is available for you to share with your team. Stay up to date on the latest news and advice on health and well-being. Click [here](#) to download and share! Employees can also find the most current Teladoc newsletter anytime on *my-benefits*®. Go to *my-benefits* and select Health and Wellness from the left navigation. Click on the Teladoc card, then navigate to the Teladoc Medical Experts section to find the PDF.