



ESSENTIAL DNS

Planning for parental leave

Thinking about starting – or adding to – your family? We’ve got you covered.

Parental leave basics

Doctors Nova Scotia (DNS) offers paid parental leave benefits for eligible DNS members who are parents of newborn babies or who have just adopted a child. The program provides \$1,500 per week for up to 17 consecutive weeks. In two-physician families, both parents are eligible for parental leave. Learn more at tinyurl.com/DNS-ParentalLeave.

Do you qualify?

To be eligible for parental leave, members must:

- Reside in Nova Scotia
- Maintain a full DNS membership or Special Consideration: Members on Leave membership with DNS
- Have billed more than \$50,000 in the 12 months preceding baby’s date of birth or date of taking over care of an adopted child

Get the word out

Doctors Nova Scotia can

help advertise your position to find coverage while you’re away. Write a post in the “Locum Opportunities” section of the Doctors Lounge (login at doctorsns.com and click “Doctors Lounge” in the top right corner). You can also contact your DNS Physician Advisor for assistance. Visit tinyurl.com/DNS-PAT and contact the physician advisor in your zone. Finally, consider posting a locum listing online or in *doctorsNS* magazine. Visit tinyurl.com/DNS-PracticeOpportunity to submit your info.

Update your membership category

Depending how long you will be off, you may wish to change your DNS membership category from full member to a “Special Consideration: Members on Leave” membership, which offers reduced membership fees.

Share your news

If you are a member of the

DNS extended health and dental plan (administered by Canada Life), be sure to call DNS within 60 days of giving birth (or having your adopted child in your care) to add your child to the plan.

Breast pump support

If you require a breast pump, your Canada Life extended benefits plan will cover 80% of the cost of the pump, up to a maximum of \$500.

Paramedical coverage

Don’t lose sight of your own needs. Your extended benefits plan provides access to massage therapists, acupuncturists, osteopaths and psychologists, among paramedical health practitioners. You can receive treatment from as many practitioners as you wish to a maximum of \$600 per practitioner per calendar year. And don’t forget that your Health Care Spending Account affords you an extra

\$300 to spend on these expenses.

Prioritize your wellness

It’s normal to feel down after pregnancy and childbirth. But if these feelings last more than two weeks and affect your ability to take care of yourself and your baby, you may have postpartum depression. Reach out to your family doctor or contact the DNS Professional Support Program (PSP) for help. The PSP can also help if you are struggling to balance the demands of your career and your family. Call 1-855-275-8215 or email professionalsupport@doctorsns.com.

KEY CONTACT

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