

## Useful Links

Published on Human Resources (<https://www.uoguelph.ca/hr>)

---

## Useful Links

- [Retirement Process document](#) [1]
- [UPP \(Pension Plan Administrator\)](#) [2]
- [SunLife \(Member Services - Extended Health and Dental Group Insurance plan Administrator\)](#) [3]
- [CPP \(Canada Pension Plan\)](#) [4]
- [OAS \(Old Age Security Program\)](#) [5]
- [Ministry of Long Term Care](#) [6]
- [Retiree Benefit webpage](#) [7]
- [UGRA](#) [8] (University of Guelph Retiree Association)

---

**Source URL:** <https://www.uoguelph.ca/hr/retirees/useful-links>

### Links

[1] <https://www.uoguelph.ca/hr/system/files/Plan%20for%20Retirement.pdf> [2] <http://myupp.ca> [3] <http://www.sunlife.ca/member> [4] <http://www.servicecanada.gc.ca/eng/services/pensions/cpp/index.shtml> [5] <http://www.servicecanada.gc.ca/eng/services/pensions/oas/index.shtml> [6] <http://www.health.gov.on.ca/> [7] <https://www.uoguelph.ca/hr/node/4006/> [8] <http://www.ugra.ca/>