

Studentcare Annual Stakeholder Meeting — May 22–23, 2025, Montreal

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Attended By

- *Alexandra Oestreicher (President)*

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Hello Conestoga Students!

We are back from an exciting and insightful 2 day Studentcare Annual Stakeholder Meeting held in Montreal which is the home of Studentcare's headquarters and soon to be known as ALUMO! Over May 22nd and 23rd, we connected with student leaders and experts from across Canada to dive into student insurance, leadership skills, mental health, and more.

Curious about what went down? Here is the quick recap of the highlights and how it will benefit YOU here at Conestoga!

Day 1: Deep Dives and New Perspectives

The conference began with welcoming remarks and followed by our first session, Insurance 101, which broke down the fundamentals of student health and dental coverage. We gained clarity on how Studentcare (soon to be ALUMO) operates not as an insurer, but as a broker, and they negotiate the best coverage for students like you.

Next, we were introduced to the ALUMO brand, the new face of Studentcare. The team walked us through the rebrand story, explaining what the new name, logo, and messaging represent and how this shift reflects a more modern, student-first approach.

After lunch, we jumped into the most hands-on workshops of the day: Successful Negotiations. This session gave us practical strategies for holding confident, collaborative conversations, especially helpful when we are advocating for student needs with stakeholders, vendors, or institutional leaders.

Later in the afternoon, we visited the Studentcare head office for an exclusive Operations Overview and Office Tour. Meeting the people behind the work also many of whom are former student leaders was energizing.

With meaningful conversations, new connections, and lots to reflect on, Day 1 wrapped up with great energy and ideas to bring back to CSI.

Day 2: Building Leadership and Wellness Skills

Day two kicked off with introductions before diving into Spokesperson Training for Student Leaders. This session equipped us with tools to communicate clearly, know our audience, and deliver messages that make impact.

Then we participated in Managing Energy and Mitigating Burnout, a session focused on addressing the challenges of juggling student life and leadership roles. Practical tips and techniques were shared to help maintain energy and avoid burnout.

After lunch, the conference featured Working Groups Activity, where we collaborated on important topics, shared perspectives, and brainstormed actionable solutions relevant to student leadership.

The meeting wrapped up with closing remarks, a group photo.

Why This Matters to You at Conestoga

Insights that directly impact your student experience:

- As student leaders, we now have a better understanding of your insurance benefits and what to expect with the upcoming ALUMO brand.
- We built stronger negotiation and communication skills to advocate effectively on your behalf.
- We developed practical strategies for managing stress and maintaining energy throughout the school year.

Final Thoughts from Us

“Every time I am in conversations regarding our health plan, I learn something new. It was great to dive in and build a strong foundational understanding of how our health plan serves and impacts students. Pairing that with some professional development opportunities that gives me practical skills I can use throughout my term.” - Alexandra Oestreicher, President

“Meeting student leaders from across Canada and learning about Studentcare’s evolution inspired us to keep pushing for positive change here at Conestoga.”

- Shubham Savaliya, AVP (Internal)

Thank you for reading! If you have any questions about your insurance plan, please visit our [website](#), or if you want to know more about Studentcare , click on this [link](#).