

Your monthly contribution rates

Applicable to employees formerly represented by: CUPW (retired on or after September 30, 2003 and before April 1, 2013), PSAC/UPCE (retired on or after January 1, 2006 and before August 12, 2014), APOC (retired on or after February 1, 2006 and before April 1, 2015), CPAA (retired on or after January 1, 2007 and before December 1, 2016), and Management & Exempt (retired on or after April 1, 2004 and before January 2, 2011).

Plan	Cost sharing		Single monthly premium*	Family monthly premium*
	Retiree/survivor	CPC		
Extended Health Care Plan with Basic Hospital	25%	75%	\$27.41	\$49.89
Hospital Option A	100%	0%	Payment of premium temporarily suspended	
Hospital Option B	100%	0%	\$2.73	\$5.05
Dental Care Plan Retirees hired before November 1, 2009	40%	60%	\$14.62	\$28.20
Dental Care Plan Retirees hired on or after November 1, 2009	100%	0%	\$36.55	\$70.50
Basic Life Insurance Plan	33.3%	66.7%	\$0.18 per \$1,000 of coverage (rate as of July 1 st , 2022)	

*Rates are subject to change. Applicable sales taxes are not included.

Premium payment

- Extended health care and dental care premiums are deducted automatically from your bank account by Canada Life, your benefits provider. For more information, contact **Canada Life**, 1-866-716-1313.
- If you are a member of the **Defined Benefit** component of the Canada Post pension plan, your BLIP premiums are automatically deducted from your monthly pension payment. For more information, contact the **Pension Centre**, 1-877-480-9220.
- If you are a member of the **Defined Contribution** component of the Canada Post pension plan, your BLIP premiums are deducted automatically from your bank account by Canada Life. For more information, contact **Canada Life**, 1-866-716-1313.

Note

- Canada Post reserves the right, in its sole discretion, to cancel or modify any or all retirement benefits. You will be informed in writing of any proposed changes.
- Missing two consecutive monthly premium payments due to non-sufficient funds will result in benefit coverage being terminated retroactively to the date premiums lapsed.