

Your monthly contribution rates

Applicable to employees formerly represented by: APOC (retired on or after April 1, 2015), CPAA (retired on or after December 1, 2016), and PSAC/UPCE (retired on or after June 26, 2018).

Plan	Cost sharing		Single monthly premium*	Family monthly premium*
	Retiree/survivor	CPC		
Extended Health Care Plan with Basic Hospital	50%	50%	\$54.82	\$99.78
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%	\$0.20 per \$1,000 of coverage (rate as of July 1st, 2023)	

*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.