

Your monthly contribution rates

Applicable to employees formerly represented by: CUPW (retired on or after April 1, 2013), PSAC/UPCE (retired on or after August 12, 2014 and before June 26, 2018), and RSMC (retired with a disability retirement/totally disabled for Post-Retirement Benefits on or after January 1, 2016, OR retired/regular on or after January 1, 2019).

Plan	Cost sharing		Single monthly premium*	Family monthly premium*
	Retiree/survivor	CPC		
Extended Health Care Plan with Basic Hospital	35%	65%	\$38.37	\$69.84
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 • Applies to all RSMC retirees	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 1st, 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.