

My group benefit plan



canada  lifeTM

THE CHRISTIAN REFORMED CHURCH IN NORTH AMERICA

Employees who retire on or after the age of 55

January 1, 2026

We are pleased to offer you our services. As we adhere to principles of inclusion, the words he, she, his and her refer to all genders.

Canada Life™ is a leading Canadian life and health insurer. Canada Life's financial security advisors work with our clients from coast to coast to help them secure their financial future. We provide a wide range of retirement savings and income plans; as well as life, disability and critical illness insurance for individuals and families. As a leading provider of employee benefits in Canada, we offer effective benefit solutions for large and small employee groups.

Canada Life Online

Visit our website at www.canadalife.com for:

- information and details on Canada Life's corporate profile and our products and services;
- investor information;
- news releases;
- contact information;
- online claims submission.

My Canada Life at Work

As a Canada Life plan member, you can register for My Canada Life at Work™ at www.mycanadalifeatwork.com. Make sure to have your plan and ID numbers available when registering.

With My Canada Life at Work you can:

- submit claims quickly;
- review your coverage and balances;
- find healthcare providers like chiropractors and massage therapists near you;
- save your benefits cards to your payment service application or program;
- get notified when your claims have been processed.

Canada Life's Toll-Free Number

- For assistance with your medical and dental coverage, please call **1-800-957-9777**.
- For all other inquiries, please call **1-888-252-1847**.

Process to make a complaint

If you have any concerns regarding these products or Canada Life's services, please let us know. You can call:

- Toll free: **1-888-252-1847**

You can also contact Canada Life on our website by visiting www.canadalife.com/complaints.

Employer Role

The employer's role is limited to providing employees with information and not advice.

This booklet contains important information and should be kept in a safe place known to you and your family.

The Plan is underwritten by



This booklet was prepared on: December 18, 2025

PROTECTING YOUR PERSONAL INFORMATION

At Canada Life, we're committed to protecting personal information and respecting your privacy. Personal information is information that either on its own or combined with other information allows an individual to be identified. This includes your name and address, as well as more sensitive information such as your health and financial records. When applicable, this includes information about other people such as your spouse, common-law partner, and children.

How we use your personal information. Your personal information is used to provide you with products and services and to improve our business operations. This includes verifying your identity, maintaining your profile, and informing you about features of the products you already have with us. It's also used to provide you with advice, evaluate your eligibility for products, price our products, collect feedback on our customer service, process claims and other financial transactions, protect you and us from risks such as cyber threats and fraud, and comply with legal obligations. If you provided your social insurance number (SIN), we'll use it for tax reporting. Your SIN is also used to link your products together and to keep your information separate from other customers with similar names.

Who we share personal information with. We share your personal information with other people and organizations who help us administer your products and provide you with services. This may include your advisor or people who work with your advisor, our Canadian subsidiaries, and other organizations that provide us services such as paramedical examiners, medical laboratories, MIB, LLC., specialty coverage providers, independent medical examiners, and pharmacy benefits managers. As well, we may share your information with claims assessors, travel assistance providers, technology suppliers, other insurance or reinsurance companies, other financial institutions, and credit reporting agencies. As part of our day-to-day business, your personal information may be communicated to government departments and agencies, and may be communicated outside your province of residence or outside Canada. We take protecting your personal information seriously and we'll never sell your personal information to anyone.

You're in control of your personal information. We respect your privacy preferences and follow them when using your personal information. At any point in your relationship with us, you can choose how your personal information is used by updating your privacy preferences through your [online account](#) or by submitting a request through our [privacy centre](#) at www.canadalife.com/privacy. This includes choosing whether you receive customer experience surveys, the use of your SIN for non-tax reporting purposes, and whether and how you want to receive information and offers from Canada Life using the personal information we collect from you throughout your relationship with us. You can also exercise other privacy rights through our privacy centre such as access to or correction of your personal information.

If you choose to remove your consent to the collection, use and disclosure of the personal information required to serve you and meet our legal obligations, we may not be able to continue to provide you with products and services.

Want to learn more? Please visit www.canadalife.com/privacy.

GROUP BENEFIT PLAN

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YOU SHOULD KNOW

Effective Date of Plan -

January 1, 2020

Covered Classes -

Employees who retire on or after the age of 55

IMPORTANT

The coverage described in this group benefit plan is insured under Group Policy No. 328970 issued to the Contractholder by Canada Life. It is available to you if you are included in the covered classes shown above.

You are eligible for this coverage on the date you are considered a retired employee, as defined by the employer.

The Virtual Health Services described in this group benefit plan is not insured but is administered under Group Contract No. 328970GVHS, issued to the Contractholder by Canada Life. Because this contract is not insured, it is not protected by Assuris.

The Employee Assistance Program (EAP) described in this group benefit plan is issued to the Contractholder by TELES Health.

This booklet is a description of the group benefits at the date shown on the front cover.

Conformity with law

If any provision of this group benefit plan conflicts with any law which applies to individuals shown in the covered classes, the plan will be amended to conform to that law.

Access to documents

You have the right, upon request, to obtain a copy of the policy, your application and any written statements or other records you have provided to Canada Life as evidence of insurability, subject to certain limitations.

Cost

The employer pays the entire cost of the coverage.

The coverage is described in the Summary of Coverage and the coverage description pages. Be sure to read these pages carefully. They show when benefits are or are not payable, and outline the conditions, limitations and exclusions that apply to the coverage.

SUMMARY OF COVERAGE

COVERAGE FOR YOU

LIFE COVERAGE

Amount: \$10,000.

Termination: The end of the month coinciding with or next following your attainment of age 70.

COVERAGE FOR YOU AND YOUR QUALIFIED DEPENDENTS

PAY-DIRECT PRESCRIPTION DRUG PLAN

The drug plan is described in detail on later pages.

Covered percentage, as follows:

- (1) **for the following in-Canada drug expenses:**
 - (a) **drugs purchased in Quebec** - 80% of the total amount payable for the prescription or refill, including dispensing fee.
 - (b) **drugs purchased outside Quebec:**
 - (i) 90% of the total amount payable for the prescription or refill, including dispensing fee for drugs purchased from Costco Wholesale Canada Ltd., one of its affiliates, or Alliance Pharmacy Group using the prescription drug card.
 - (ii) 90% of the total amount payable for the prescription or refill, including dispensing fee for drugs subject to Prior Authorization or Health Case Management and purchased from the provider designated by Canada Life (whether or not the person used the prescription drug card).
 - (iii) 80% of the total amount payable for the prescription or refill, including dispensing fee for drugs purchased from any other source or drugs purchased without using the prescription drug card.
- (2) **for all other drug expenses** - 80% of the total amount payable for the prescription or refill, including dispensing fee.

Maximum: \$5,000 per covered person in a calendar year.

Termination: The end of the month coinciding with or next following your attainment of age 70.

EXTENDED HEALTH CARE COVERAGE

Covered percentage, as follows:

- (1) 100% of eligible charges for expenses incurred while out-of-province;
- (2) 50% for continuous glucose monitors and all associated supplies and equipment; and
- (3) 80% for all other eligible charges.

Overall Lifetime Maximum: Unlimited.

Termination: The end of the month coinciding with or next following your attainment of age 70.

Benefits provided

(The complete list is shown on later pages.)

Maximum amount payable

(per covered person)

Semi-private room and board in a hospital outside the province of residence but within Canada

(Not subject to the deductible).

Semi-private room and board in a convalescent or rehabilitation hospital in Canada (not in a public general hospital)

100 days for any one disability.

Psychologist (including Christian therapist and psychotherapist), registered social worker, social worker with a Master of Social Work (M.S.W.) degree, or registered clinical counsellor if provided in British Columbia

An overall combined maximum of \$1,000 in a calendar year.

Chiropractor, naturopath, osteopath, podiatrist, chiropodist, massage therapist, physiotherapist, occupational therapist, or speech therapist

\$500 per practitioner in a calendar year.

Private duty nursing in the home

\$10,000 in a calendar year.

Custom-made orthopedic shoes

\$200 in a calendar year.

Hearing aids

\$250 every 24 months.

Lenses required as a result of cataract surgery

\$200 per surgery.

Vision care

\$100 every 24 months for eye examinations, laser eye surgery, eyeglass frames and lenses, and contact lenses.

Heidelberg Retinal Tomography (HRT),

Reasonable and customary charges.

where allowed by provincial legislation

Continuous glucose monitors and all associated supplies and equipment \$2,000 in a calendar year.

DENTAL CARE COVERAGE

BASIC AND MAJOR SERVICES are shown in the List of Dental Services.

Covered percentage: Basic services - 80% of eligible charges.
Major services - 50% of eligible charges.

Fee guide: The dental association fee guide for general practitioners, in the covered person's province of residence, the guide in effect on the date the service is rendered.

Combined maximum for basic and major services: \$1,500 per covered person in a calendar year.

Termination: The end of the month coinciding with or next following your attainment of age 70.

ORTHODONTIC SERVICES

Each dependent child who is younger than age 20 on the date the orthodontic procedure commences will be eligible.

Covered percentage: 50% of eligible charges.

Lifetime maximum: \$2,000 per covered person.

Termination: The end of the month coinciding with or next following your attainment of age 70.

DEFINITIONS

The following definitions apply throughout this group benefit plan unless a term is defined differently within a specific coverage for the purpose of that coverage.

BENEFITS means any amounts which become payable under a coverage.

CALENDAR YEAR means January 1 through December 31.

CANADA LIFE means The Canada Life Assurance Company.

CONTRACT means **Group Insurance Policy No. 328970**.

CONTRACTHOLDER means The Christian Reformed Church in North America in its capacity as the **Policyholder** of Group Insurance Policy No. 328970.

COVERED PERCENTAGE is the percentage of eligible charges shown in the Summary of Coverages, which will be reimbursed under a coverage.

COVERED PERSON is an individual who is covered for retired employee coverage under a coverage, or a qualified dependent with respect to whom a retired employee is covered for dependents coverage under a coverage.

DEPENDENT CHILD means either:

- (1) an unmarried person who is your natural child or your adopted child; or
- (2) an unmarried step-child, foster child, or a child of a common-law spouse, who resides with you and is dependent on you for support;

and who is:

- (1) younger than 22 years of age; or
- (2) 22 years but younger than 26 years of age, in full-time attendance at an accredited institute of learning, and dependent on you for support.

The coverage of a dependent child who is incapable of self-sustaining employment due to a mental or physical handicap will be continued under the contract after he or she would no longer be eligible for coverage as described above, provided the child remains incapacitated, unmarried, and dependent on you for support. To continue a child's coverage under this provision, proof that incapacity existed while covered as a dependent child should be provided to Canada Life within one year after coverage would otherwise terminate. Additional proof will be required from time to time.

EMPLOYER means The Christian Reformed Church in North America for whom you worked as an employee immediately prior to your retirement.

HE or SHE and HIS or HER refers to all genders.

PHYSICIAN means a duly licensed doctor of medicine (M.D.).

PROVINCE or PROVINCIAL refers to any province or territory of Canada.

QUALIFIED DEPENDENT means your spouse and dependent children.

SICKNESS means any disorder of the body or mind, including one caused by pregnancy.

SPOUSE means either:

- (1) an individual to whom you are legally married; or
- (2) your common-law spouse who is an individual with whom you cohabit and whom you publicly represent as your spouse.

You must state the name of the person to be considered your spouse for the purposes of the contract. Only one spouse will be considered at any time as being covered under the contract.

YOU means the retired employee as defined by the employer.

WHO IS ELIGIBLE TO BECOME COVERED

FOR RETIRED EMPLOYEE COVERAGE

You are eligible for retired employee coverage when you are within the covered classes shown on the You Should Know page.

FOR RETIRED EMPLOYEE COVERAGE AND DEPENDENTS COVERAGE

Any individual residing outside of Canada will not be eligible to be covered, unless an exception is requested by the employer and approved in writing by Canada Life.

If you and your spouse are both retired employees of the employer, each of you may be eligible for, and apply for, retired employee coverage.

EFFECTIVE DATE OF COVERAGE

RETIRED EMPLOYEE COVERAGE

Your coverage will commence on the date of your retirement.

DEPENDENTS COVERAGE

The effective date of a dependent's coverage will be the latest of the following dates:

- (1) If you already have a qualified dependent at the time you become eligible for retired employee coverage, that dependent's coverage will be effective on the date the retired employee coverage is effective.
- (2) If you have dependents coverage on a dependent on the date you acquire another qualified dependent, this dependent's coverage will be effective immediately.
- (3) If you have no qualified dependents at the time you become eligible for retired employee coverage and later acquire a qualified dependent, this dependent's coverage will be effective on the date you apply for dependents coverage, provided application is made within 31 days of the date you are first eligible for dependents coverage, otherwise the dependent's coverage will be effective on the date Canada Life approves the evidence of insurability submitted for the dependents.
- (4) A dependent's coverage will be effective on the date the dependent is discharged from the hospital if the dependent, other than a newborn child, is confined in a hospital on the date his or her coverage would otherwise have commenced.

Evidence of a dependent's insurability may be required to be submitted at your expense.

CHANGE IN COVERAGE

Any change in your coverage will be effective on the date of the change.

If your dependents coverage changes as a result of a plan change, and a dependent (other than a newborn child) is confined in a hospital on the effective date of the change, the coverage will not be adjusted until the dependent is discharged from the hospital.

TERMINATION OF COVERAGE

RETIRED EMPLOYEE COVERAGE

Your coverage will terminate on the earliest of the following dates:

- (1) the end of the month coinciding with or next following the date you cease to be a member of any eligible class;
- (2) the date your class is terminated;
- (3) the date you enter service in the armed forces of any country;
- (4) the date the employer ceases to make contributions for you;
- (5) the date the contract terminates.

DEPENDENTS COVERAGE

A dependent's coverage will terminate on the earliest of the following dates:

- (1) the date your own coverage terminates;
- (2) the date the dependent ceases to be a qualified dependent;
- (3) the date Canada Life receives a request to terminate the dependent's coverage; and
- (4) the date the employer ceases to make contributions for dependents coverage.

WHEN YOU HAVE A CLAIM

LIFE COVERAGE

Retired employee life coverage

Your beneficiary must send proof of death to the employer. The employer will provide the proper claim forms for completion.

SUBMISSION OF HEALTH CLAIMS

To make a health claim

Online claims: Claims for expenses incurred in Canada for prescription drugs, paramedical services and visioncare may be submitted online.

To submit online claims, register at www.mycanadalifeatwork.com. To use this service you will need to be registered for My Canada Life at Work and signed up for direct deposit of claim payments with eDetails. For online claim submissions, your Explanation of Benefits will only be available online.

Submit online claims to Canada Life as soon as possible, but no later than 12 months after you incur the expense.

You must retain your receipt for 12 months from the date you submit your claim to Canada Life as a record of the transaction, and you must submit it to Canada Life on request.

Paper claims: To submit paper claims, access www.mycanadalifeatwork.com to obtain a personalized claim form, or obtain form M635D from your employer. Complete this form making sure it shows all required information.

Attach your receipts to the claim form and return it to the Canada Life Benefit Payment Office as soon as possible, but no later than 15 months after you incur the expense.

To make a dental claim

Access My Canada Life at Work to obtain a personalized claim form or obtain the dental claim form from the employer, complete the claimant's portion and have the dental service provider complete the provider's statement. The form should then be sent directly to Canada Life.

If you prefer, you can submit the claim online (for expenses incurred in Canada) by entering the information on the completed claim form. To use this online service you will need to be registered for My Canada Life at Work and signed up for direct deposit of claim payments with eDetails. For online claim submissions, your Explanation of Benefits will only be available online. Online claims must be submitted to Canada Life as soon as possible, but no later than 12 months after you incur the expense. You must retain your receipt for 12 months from the date you submit your claim to Canada Life as a record of the transaction, and you must submit it to Canada Life on request.

GENERAL INFORMATION

ASSIGNMENT RULES

Death benefits are not assignable, meaning that ownership of death benefits cannot be transferred to any person or organization.

BENEFICIARY RULES

"Beneficiary" means the person you designate in writing to receive the benefits.

Benefits becoming payable under the contract on account of your death will be paid to your named beneficiary. Any benefit amount for which you have not named a beneficiary or there is no surviving beneficiary at your death will be paid to your estate.

You may make, alter, or revoke a designation of beneficiary as permitted by law. Any designation of beneficiary you made under your employer's previous policy prior to the effective date of this policy applies to this policy until you make a change to that designation. You should review your beneficiary designation from time to time to ensure that it reflects your current intentions. You may change the designation by completing a form available from your employer.

If there is more than one beneficiary and the form does not specify their shares, the beneficiaries will share equally.

If a beneficiary dies before you, that beneficiary's interest will end. It will be shared equally by any remaining beneficiaries unless the designation form states otherwise.

CLAIM RULES

Proof of loss

The time limits for submitting proof of loss under a coverage are described in the applicable coverage description page.

Failure to furnish any such proof within the time required will not invalidate or reduce any such claim if it was not reasonably possible to give proof within such time, provided such proof is furnished as soon as reasonably possible.

Quebec time limit for the payment of benefits

Where Quebec law applies, Canada Life will pay benefits in accordance with the terms set out in this policy within the following time period:

Death benefits – 30 days following receipt of the required proof of loss.

All other benefits – 60 days following receipt of the required proof of loss.

Physical examination

Canada Life, at its own expense, will have the right and opportunity to have any covered person, whose injury or sickness is the basis of a claim, examined by a physician designated by Canada Life when and as often as it may reasonably require during the period of a claim under the contract.

Appeals

You have the right to appeal a denial of all or part of the insurance or benefits described in the contract as long as you do so within one year of the initial denial of the insurance or a benefit. An appeal must be in writing and must include your reasons for believing the denial to be incorrect.

Legal action

Every action or proceeding against an insurer for the recovery of insurance money payable under the contract is absolutely barred unless commenced within the time set out in the *Insurance Act* (for actions or proceedings governed by the laws of Alberta and British Columbia), *The Insurance Act* (for actions or proceedings governed by the laws of Manitoba), the *Limitations Act, 2002* (for actions or proceedings governed by the laws of Ontario), or other applicable legislation. For those actions or proceedings governed by the laws of Quebec, the prescriptive period is set out in the Quebec Civil Code.

OVERPAYMENT OF BENEFITS

Nothing in this group benefit plan will prevent Canada Life from recovering any overpayment of benefits from the person or organization to whom such payment has been made, irrespective of the cause of such overpayment.

If benefits are paid that were not payable under the policy, you are responsible for repayment within 30 days after Canada Life sends you a notice of the overpayment, or within a longer period if agreed to in writing by Canada Life. If you fail to fulfill this responsibility, no further benefits are payable under the policy until the overpayment is recovered. This does not limit Canada Life's right to use other legal means to recover the overpayment.

COORDINATING COVERAGE GUIDELINES FOR OUT-OF-PROVINCE HEALTH CARE EXPENSES

If a person who is covered under the contract for global medical assistance coverage or for expenses resulting from emergency or referral health care provided outside the province of residence under the extended health care coverage is also covered under another plan or plans* which provides similar coverage, any claim will be coordinated with the other plan(s) in accordance with the coordinating coverage guidelines for out-of-province health care expenses as outlined by the Canadian Life and Health Insurance Association Inc.

* The "other plans" may include employment-related group contracts, individual or group travel or health policies, credit card coverages or any other private insurance source.

COORDINATION OF BENEFITS

If a person who is covered under the contract for the pay-direct prescription drug plan, extended health care coverage or dental care coverage is also covered under another plan* which provides similar coverage, any claim will be coordinated and/or reduced so that benefits payable from all plans will not exceed 100% of the eligible charges incurred.

* The "other plan" is defined as group insurance or any other arrangement of coverage for individuals in a group, whether on an insured or uninsured basis, including any prepayment coverage or capitation plan, as long as the group is not formed solely for the purpose of obtaining insurance. This definition of other plan does not include school insurance or individual travel insurance.

If a person is eligible to receive benefits under this plan and the same, or similar benefits under another plan, payment will be determined as follows:

- (1) The plan which does not contain a coordination of benefits provision will pay before the plan which does.
- (2) If the other plan(s) contains a coordination of benefits provision, priority will be given to the plan(s) in the following order:
 - (a) The plan where the person is covered as a member. However, if a person is a member of 2 or more plans, priority will be given as follows:
 - (i) the plan where the member is covered as an active full-time employee,
 - (ii) the plan where the member is covered as an active part-time employee,
 - (iii) the plan where the member is covered as a retiree.
 - (b) The plan where the person is covered as a dependent spouse.
 - (c) The plan where the person is covered as a dependent child. However, if a person is covered as a dependent child under 2 or more plans, priority will be given as follows:
 - (i) the plan of the parent with the earlier date of birth (month/day) in the calendar year,
 - (ii) the plan of the parent whose first name begins with the earlier letter in the alphabet, if the parents have the same date of birth.

An exception to this rule occurs if the parents are separated/divorced, in which case priority will be given as follows:

- (i) the plan of the parent with custody of the child,
 - (ii) the plan of the spouse of the parent with custody of the child,
 - (iii) the plan of the parent not having custody of the child,
 - (iv) the plan of the spouse of the parent in (iii) above.
- (d) Health plans with dental accident coverage will determine benefits before dental plans, where a person may be able to claim under both plans.
- (e) If priority cannot be established using the above priorities, the benefits will be prorated in proportion to the amounts that would have been paid under each plan had there been coverage under just that plan.

If payments which should have been made under the contract by the terms of this coordination of benefits provision have been made under any other plan, Canada Life will have the right to pay to any company or organization the amount necessary to satisfy the intent of this coordination of benefits provision. The amounts paid in this manner will be considered benefits paid under the contract and Canada Life will be fully discharged from liability to the extent of the payments made.

If payments have been made by Canada Life under the contract which are in excess of the maximum amount of payment necessary to satisfy the intent of this coordination of benefits clause, Canada Life will have the right to recover any such excess from any company or organization or person to or for whom such payments were made.

TO WHOM PAYABLE

Benefits under a coverage will be payable to you unless otherwise specified within the coverage.

RETIRED EMPLOYEE LIFE COVERAGE

FOR YOU

DEATH BENEFITS

A. DEATH BENEFIT

If you die while covered under this coverage, the amount of your life coverage (shown in the Summary of Coverages) that is in effect on the date of your death will be paid when Canada Life receives due written proof of death.

B. EXTENSION OF BENEFIT

A death benefit is payable if you die within 31 days after ceasing to be covered under this coverage. The amount of the benefit is equal to the amount of life coverage you were entitled to convert under section C. Conversion Privilege.

C. CONVERSION PRIVILEGE

If you cease to be covered under this coverage on or before your attainment of age 65, your coverage may be converted to an individual life insurance policy without evidence of insurability. The policy will be issued in accordance with the applicable laws or guidelines in effect in your province of residence. The amount converted must be at least equal to the minimum amount for which Canada Life will issue an individual policy for the plan of insurance chosen.

The premium for the individual policy will be based on Canada Life's premium rate as of the effective date of the individual policy, according to the plan of insurance chosen, the amount of insurance converted and your attained age.

You must apply for the individual policy and pay the first premium within 31 days after ceasing to be covered under this coverage. The individual policy will be effective 31 days after this coverage is terminated.

If you convert all or part of your life coverage under the terms of this section C., you will not be eligible for further coverage under this coverage, unless the individual policy is cancelled.

D. TO WHOM PAYABLE

Any benefits payable on account of your death will be paid to your beneficiary determined under the beneficiary rules shown on the General Information page.

E. PROOF OF CLAIM

Written proof of a claim must be given to Canada Life not later than five years after the date of death.

LIVING BENEFITS

DEFINITIONS

Where used in this coverage, the following phrases have the meanings set forth below:

- (1) "Living benefits" means the amount of life coverage that you may elect to place under this option. The living benefits is a one-time lump sum payment which is equal to 50% of your total amount of life coverage (shown in the Summary of Coverages) in effect on the date Canada Life receives proof that you are terminally sick, to a maximum of \$50,000. However, the living benefits may be reduced if, within six months after the date Canada Life receives such proof, a reduction on account of age would have applied to your amount of life coverage. In that case, the amount of living benefits will be 50% of your amount of life coverage after applying the reduction, subject to the living benefits maximum.
- (2) "Terminally sick" means your life expectancy is 12 months or less.

A. OPTION

If you become terminally sick while covered under this coverage, you may elect to have the living benefits option. Such election is subject to the provisions set forth below.

B. PAYMENT OF LIVING BENEFITS

If you elect this option, Canada Life will pay the living benefits in one sum when it receives proof that you are terminally sick.

C. TO WHOM PAYABLE

The benefit under this option is payable to you.

D. AMOUNT PAYABLE ON YOUR DEATH

Canada Life will pay to your beneficiary as determined under the beneficiary rules shown on the General Information page, in one sum, the amount of the life coverage proceeds, LESS the total of (1) the amount of the living benefits option you received, and (2) an amount representing interest calculated from the date of the living benefits payment to the date of your death, using an effective annual interest rate as notified by Canada Life when applying for living benefits.

E. CONDITIONS

Your right to be paid under this option is subject to these terms:

- (1) You must choose this option in writing in a form satisfactory to Canada Life.
- (2) You must furnish satisfactory proof to Canada Life that your life expectancy is 12 months or less, including certification by a physician.
- (3) Living benefits will be made available to you on a voluntary basis only.

Therefore:

- (a) If you are required by law to use this option to meet the claims of creditors, whether in bankruptcy or otherwise, you are not eligible for this option.
- (b) If you are required by a government agency to use this option in order to apply for, get or keep a government benefit or entitlement, you are not eligible for this option.

The deduction of the living benefits and its accrued interest take priority over any other demand or claim for benefits payable on your death.

F. EFFECT ON COVERAGE

When you elect this option, the total amount of life coverage payable on your death will be reduced by the living benefits. Also, any amount you could otherwise have converted to an individual policy will be reduced by the living benefits.

PAY-DIRECT PRESCRIPTION DRUG PLAN

FOR YOU AND YOUR QUALIFIED DEPENDENTS

Your Pay-Direct Prescription Drug Plan covers the eligible charges for drugs, medicines and certain supplies that represent reasonable treatment of a disease or injury, when prescribed by a physician or other person entitled by law to prescribe them, and dispensed by a licensed pharmacist or other person entitled by law to dispense them.

Treatment is considered reasonable if it is:

- (1) accepted by the Canadian medical profession;
- (2) proven to be effective; and
- (3) of a form, intensity, frequency, and duration essential to diagnosis or management of the disease or injury.

Before incurring large drug expenses, you may want to confirm your coverage by contacting Canada Life with both the name and drug identification number (DIN) of the drug prescribed. You can obtain this information from your pharmacist.

Canada Life can limit the eligible charge for any drug to that of a lower cost interchangeable drug determined in accordance with Canada Life's adjudication practices at the time of claim.

An interchangeable drug includes but is not limited to:

- (1) a generic equivalent of the brand name drug deemed to be interchangeable by law where the drug is dispensed; or
- (2) a subsequent entry biologic drug.

The right to limit the eligible charge does not apply if medical evidence has been provided that indicates a contraindication to the interchangeable drug.

To have a prescription filled for yourself or a qualified dependent, take the prescription to a participating pharmacy and present it, along with your prescription drug card, to the pharmacist. Pay the required amount and the prescription will be filled.

Do not lend your prescription drug card to anyone outside your immediate family and do not leave it at the pharmacy.

If your employment ends, you are no longer eligible for this coverage.

A. SERVICES PROVIDED

The services described in this coverage are provided by the pharmacy benefits manager appointed by Canada Life and are subject to the agreement between Canada Life and the pharmacy benefits manager, as may be amended from time to time.

B. PAYMENT OF BENEFITS

After paying the required amount, a benefit will be paid if a covered person incurs eligible charges for drugs, medicines and supplies described in section C. while covered for this coverage. A charge is considered to be incurred on the date of the purchase for which the charge is made. The covered percentage is shown in the Summary of Coverages. Benefits for drug claims submitted through the pharmacy benefits manager's electronic claims system will be issued to the pharmacy benefits manager.

Covered charges for drugs eligible under any government drug plan are limited to any amounts the employee is required to pay for himself or his family under the government plan.

C. ELIGIBLE CHARGES

Eligible charges are the charges actually made to the covered person for the following drugs, medicines and supplies, subject to the assessment provisions described in section D.

Canada Life can limit the eligible charge for a drug or drug supply to that of a lower cost alternative drug or drug supply that represents reasonable treatment.

- (1) drugs, including contraceptive drugs and products containing a contraceptive drug, that require a prescription according to:
 - (a) the *Food and Drugs Act, Canada*; or
 - (b) provincial legislation in effect where the drug is dispensed.
- (2) drugs that must be injected, including vitamins, insulins and allergy extracts. Syringes for self-administered injections are also covered.
- (3) disposable needles for use with non-disposable insulin injection devices, lancets, test strips and sensors for flash glucose monitoring machines.
- (4) extemporaneous preparations or compounds if one of the ingredients is a covered drug.
- (5) vaccines used to prevent disease.
- (6) drugs that do not require a prescription by law if:
 - (a) they are listed in the current *Compendium of Pharmaceuticals and Specialties*; and
 - (b) they are categorized as:
 - antimalarials
 - fibrinolytics
 - nitroglycerin
 - potassium replacements
 - single entity fluorides
 - single entity iron salts
 - thyroid agents
 - topical enzymatic debriding agents

The following non-prescription items are not covered:

- (a) atomizers, appliances, prosthetic devices, or colostomy supplies.
- (b) first aid or diagnostic supplies or testing equipment.
- (c) non-disposable insulin delivery devices or spring loaded devices used to hold blood letting supplies.
- (d) delivery or extension devices for inhaled medications.
- (e) oral vitamins, minerals, dietary supplements, homeopathic preparations, infant formulas, or injectable total parenteral nutrition solutions, whether or not prescribed for a medical reason, except where federal or provincial law requires a prescription for their sale.
- (f) diaphragms, condoms, contraceptive jellies, foams, sponges, or suppositories, contraceptive implants, or appliances normally used for contraception, whether or not prescribed for a medical reason.

Canada Life can, on such terms as it determines, cover services or supplies not otherwise covered under this group benefit plan where the service or supply represents reasonable treatment.

D. ASSESSMENT PROVISIONS

Eligible charges are subject to the following assessment provisions.

(1) Prior authorization

In order to determine whether coverage is provided for certain drugs or drug supplies, Canada Life maintains a limited list of drugs and drug supplies that require prior authorization.

For drugs and drug supplies including a listing of the prior authorization drugs, go to **www.canadalife.com**.

Prior authorization is intended to help ensure that a drug or drug supply represents a reasonable treatment.

If the use of a lower cost alternative drug or drug supply represents reasonable treatment, Canada Life may require a covered person to provide medical evidence why the lower cost alternative drug or drug supply cannot be used before coverage may be provided for the drug or drug supply.

(2) Health case management

Canada Life may contact the covered person to participate in health case management. Health case management is a program recommended or approved by Canada Life that may include but is not limited to:

- (a) consultation with the covered person and his or her regularly attending physician to gain understanding of the treatment plan recommended by the attending physician;
- (b) comparison with the attending physician of the recommended treatment plan with alternatives, if any, that represent reasonable treatment;

- (c) identification to the attending physician of opportunities for education and support; and
- (d) monitoring the covered person's adherence to the treatment plan recommended by his or her regularly attending physician.

In determining whether to implement health case management, Canada Life may assess such factors as the drug or drug supply, the medical condition, and the existence of generally accepted medical guidelines for objectively measuring medical effectiveness of the treatment plan recommended by the attending physician.

Canada Life can, on such terms as it determines, **limit** the payment of benefits for a drug or drug supply where:

- (a) Canada Life has implemented health case management and the covered person does not participate or cooperate; or
- (b) the covered person has not adhered to the treatment plan recommended by his or her regularly attending physician with respect to the use of the drug or drug supply.

Expenses associated with health case management may be paid for by Canada Life at its discretion. Expenses claimed under this provision must be pre-authorized by Canada Life.

(3) **Designated provider limitation**

For a drug or drug supply to which prior authorization applies or where Canada Life has recommended or approved health case management, Canada Life can require that the drug or drug supply be purchased from or administered by a provider designated by Canada Life, and:

- (a) **limit** the eligible charge for a drug or drug supply that was not purchased from or administered by a provider designated by Canada Life to the cost of the drug or drug supply had it been purchased from or administered by the provider designated by Canada Life; or
- (b) **decline** a claim for a drug or drug supply that was not purchased from or administered by a provider designated by Canada Life.

(4) **Patient assistance program**

A patient assistance program may provide financial, educational or other assistance to covered persons with respect to certain drugs or drug supplies.

If a covered person is eligible for a patient assistance program, Canada Life can require the covered person to apply to and participate in such a program. Where financial assistance is available from a patient assistance program in which Canada Life requires participation, Canada Life can **reduce** the amount of a covered expense for a drug or drug supply by the amount of financial assistance the covered person is entitled to receive for that drug or drug supply.

E. EXCLUSIONS

Canada Life can decline a claim for drugs or drug supplies purchased from a provider that is not approved by Canada Life.

No benefits will be paid for:

- (1) any drug that does not have a drug identification number as defined by the *Food and Drugs Act, Canada*.
- (2) any single purchase of a drug that would not reasonably be consumed or used within 34 days, except for the following maintenance drugs when dispensed in quantities that would reasonably be consumed or used within 100 days:
 - antiasthmatics
 - antibiotics for acne
 - anticoagulants
 - anticonvulsants
 - antihypertensive agents
 - antiparkinson
 - antituberculosis
 - cardiac agents
 - estrogens
 - glaucoma
 - hypoglycemic agents
 - oral contraceptives
 - potassium replacements
 - thyroid preparations.
- (3) drugs administered during treatment in an emergency room of a hospital, or as an in-patient in a hospital.
- (4) non-injectable allergy extracts.
- (5) drugs that are considered cosmetic, such as topical minoxidil or sunscreens, whether or not prescribed for a medical reason.
- (6) smoking cessation products.
- (7) fertility drugs, whether or not prescribed for a medical reason.
- (8) expenses that private insurers are not permitted to cover by law.
- (9) drugs, medicines or supplies for which a charge is made only because the person has insurance coverage.
- (10) any portion of drugs, medicines or supplies which the person is entitled to receive, or for which the person is entitled to a benefit or reimbursement, by law or under a plan that is legislated, funded, or administered in whole or in part by a government ("government plan"), without regard to whether coverage would have otherwise been available under this plan. In this exclusion, government plan does not include a group plan for government employees.
- (11) drugs, medicines or supplies that do not represent reasonable treatment.

- (12) drugs, medicines or supplies associated with the items described in section C, unless specifically listed as an eligible charge or determined by Canada Life to be an eligible charge.
- (13) drugs, medicines or supplies associated with:
 - (a) treatment performed for cosmetic purposes only;
 - (b) recreation or sports rather than with other regular daily living activities.
- (14) drugs, medicines or supplies received out of province unless:
 - (a) the person is covered by the government health plan in his home province; and
 - (b) Canada Life would have paid benefits for the same services or supplies if they had been received in the person's home province.
- (15) drugs used to treat erectile dysfunction.
- (16) expenses arising from war, insurrection, or voluntary participation in a riot.

F. CONCURRENT DRUG UTILIZATION REVIEW

In Canada claims for covered drugs submitted electronically to the pharmacy benefits manager are subject to concurrent drug utilization review at point-of-sale to determine if:

- (1) drug interactions between prescribed drug and another drug already being taken by the patient may occur;
- (2) a prescribed drug may be harmful to a patient;
- (3) the frequency of refills is reasonable; or
- (4) the duration and dosage of the therapy is within recommended limits.

Based on the outcome of the review, a pharmacist may refuse to dispense the drug as prescribed.

Neither Canada Life nor the pharmacy benefits manager makes any guarantees about the accuracy of the patient information provided for the concurrent drug utilization review or about the review results, nor are they responsible for any decision made by a pharmacist as a result of the review process.

G. EXTENSION OF COVERAGE ON YOUR DEATH

If your dependents are covered under this coverage on the date of your death, their coverage will continue **on a non-contributory basis** until the earliest of:

- (1) 24 months from the date of your death;
- (2) the date your spouse remarries;
- (3) the date the dependent is no longer a qualified dependent;
- (4) the date that similar coverage is obtained elsewhere;
- (5) the date this coverage is cancelled; and

(6) the date the contract is cancelled.

H. PROOF OF CLAIM

Satisfactory proof of the loss on which a claim may be based must be given to Canada Life within 15 months of the date the expense was incurred.

EXTENDED HEALTH CARE COVERAGE

FOR YOU AND YOUR QUALIFIED DEPENDENTS

DEFINITIONS

Where used in this coverage, the following words or phrases have the meanings set forth below:

- (1) "Convalescent or rehabilitation hospital" means an institution, other than a public general hospital, that is legally operated, is supervised by a staff of physicians, has registered nurses (R.N.) in attendance 24 hours a day, provides room and board and skilled nursing care of sick or injured persons during the convalescent stage of a sickness or injury, and which is not, other than incidentally, a nursing home or a facility for rest or for the aged. Additionally, it must be approved for resident inpatient care under a provincial hospital services program and eligible to receive payments under, and in accordance with, the provincial hospital services plan.
- (2) "Eligible charges" means the reasonable and customary charges actually made to the covered person for the medical services and supplies described in section B., provided the services and supplies are medically necessary for the care and treatment of a covered person's sickness, injury or condition and are ordered by a physician unless otherwise stated, and the charges:
 - (a) exceed the amount payable under any government medical, health or hospital services plan or, if the person is not covered under such a plan, exceed the amount that would have been payable by the plan of the province in which the covered person resides;
 - (b) exceed the amount payable under any other coverage of the contract, any Workers' Compensation Act or similar law, or any other source, other than an individual policy issued by another company; and
 - (c) are those for which Canada Life is not prohibited by law from providing.
- (3) "Hospital" means an institution that is legally operated, is supervised by a staff of physicians, has registered nurses (R.N.) in attendance 24 hours a day, provides a broad range of 24-hours-a-day medical and surgical services for sick and injured persons, and which is not, other than incidentally, a nursing home or a facility for rest or for the aged.
- (4) "Medical emergency" means an unforeseen event occurring while a covered person is travelling which causes that person sickness or injury requiring immediate hospital or medical treatment. Such travel must be for the purpose of business or pleasure and not in any way for the purpose of obtaining hospital or medical treatment.

- (5) "Medically necessary" means the service or supply is ordered by a physician and is commonly and customarily recognized throughout the physician's profession as appropriate and required in the treatment of the patient's diagnosed sickness, injury or condition. The service or supply must not be educational, experimental or investigational in nature, nor provided primarily for the purpose of medical or other research.

In the case of a hospital confinement, the duration and the services and supplies will be considered necessary only to the extent Canada Life determines them to be:

- (a) related to the treatment of the sickness, injury or condition; and
 - (b) not allocable to the scholastic education or vocational training of the patient.
- (6) "Physician" means a duly licensed doctor of medicine (M.D.). "Physician" also means a duly licensed dentist, podiatrist, chiropodist, chiropractor, osteopath, naturopath, optometrist, ophthalmologist, psychologist or psychotherapist, practising within the scope of his or her profession. In addition, for the purposes of the coverage, the term "psychologist" will include reference to a registered social worker, a social worker with a Master of Social Work (M.S.W.) degree and a registered clinical counsellor. ("Duly licensed" means licensed, certified or registered by the jurisdiction in which he or she is practising.)
- (7) "Reasonable and customary charge" means the usual charge of the provider for the service or supply, in the absence of coverage, but not more than the prevailing charge in the area for a like service or supply. A like service or supply is one of the same nature and duration, requires the same skill, and is performed by a provider of similar training and experience.
- (8) "Reasonable treatment" means treatment that is:
- (a) accepted by the Canadian medical profession;
 - (b) proven to be effective; and
 - (c) of a form, intensity, frequency, and duration essential to diagnosis or management of the disease or injury.

A. PAYMENT OF BENEFITS

A benefit will be paid if a covered person incurs eligible charges in connection with the services and supplies described in section B. while covered under this coverage. A charge is considered to be incurred on the date of the service or purchase for which the charge is made.

For all eligible charges, benefits will be equal to the covered percentage shown in the Summary of Coverages.

B. ELIGIBLE CHARGES

Eligible charges are the reasonable and customary charges actually made to the covered person for the following medically necessary services and supplies, subject to the assessment provisions described in section C.

Canada Life can limit the eligible charge for a service or supply to that of a lower cost alternative service or supply that represents reasonable treatment.

(1) Hospital

Charges for semi-private room and board in a hospital while the covered person is **travelling outside the province of residence but within Canada.**

(2) Convalescent or rehabilitation hospital

Charges for semi-private room and board in a convalescent or rehabilitation hospital in Canada, up to the maximum amount payable shown in the Summary of Coverages.

The confinement must be ordered by a physician as necessary for recuperative care or rehabilitative treatment and the covered person must be admitted within 14 days following a period as an inpatient in a hospital.

Exclusions

- (a) Charges for convalescent or rehabilitation care in a public general hospital.
- (b) Charges which are primarily for custodial care such as chronic care facilities and nursing homes.
- (3) Services of a duly licensed **doctor of medicine (M.D.)** for treatment of a medical emergency while the covered person is **travelling outside the province of residence but within Canada.**
- (4) **Ambulance service** to and from the nearest medical facility equipped to provide adequate treatment.
- (5) Services of a dentist for **dental treatment** of injuries to sound, vital, natural teeth when caused by a direct **accidental** blow to the mouth occurring while a covered person (but not when caused by an object wittingly or unwittingly placed in the mouth).

Exclusion

Benefits will not be payable for charges incurred more than 12 months after the accident.

- (6) Services of a **psychologist, psychotherapist, Christian therapist, registered social worker, social worker with a Master of Social Work (M.S.W.) degree or registered clinical counsellor** in connection with the diagnosis and treatment of mental, nervous or emotional disorders, up to the maximum amount payable shown in the Summary of Coverages.

Coverage includes treatment done by all Christian Providers at all Clinics working with religious beliefs including counsellors where the service being provided is deemed as Christian faith clinic for religious healing and beliefs.

- (7) Services of a **chiropractor, naturopath, osteopath, podiatrist, or chiroprapist**, including one X-ray examination per specialty, up to the maximum amount payable shown in the Summary of Coverages. (The amount payable will be limited to one specialty per practitioner per day.)
- (8) Treatment by a registered **massage therapist** practising within the scope of his or her profession, up to the maximum amount payable shown in the Summary of Coverages.
- (9) **Private duty professional nursing services in the home** by a registered nurse, a registered practical nurse (if the covered person is a resident of Ontario), a licensed practical nurse (if the covered person is a resident of any other province or territory), or similarly licensed person, other than a close relative, provided (a) the service is prescribed by a duly licensed doctor of medicine (M.D.), and (b) intensive care nursing is required in the treatment of an acute sickness; up to the maximum amount payable shown in the Summary of Coverages.

Exclusions

Benefits will not be payable when the services actually furnished:

- (a) are mainly custodial;
- (b) are mainly to assist the covered person with the functions of daily living or to dispense oral medication; or
- (c) could be furnished properly by someone who does not have the professional qualifications stated above.
- (10) Treatment by a **physiotherapist, occupational therapist, or speech therapist** practising within the scope of his or her profession, up to the maximum amount payable shown in the Summary of Coverages.
- (11) **Custom-made orthopedic shoes** and modifications to such shoes, up to the maximum amount payable shown in the Summary of Coverages.
- (12) Purchase, repair or replacement of **hearing aids**, up to the maximum amount payable shown in the Summary of Coverages.
- (13) **Lenses required as a result of cataract surgery**, up to the maximum amount payable shown in the Summary of Coverages.
- (14) **Vision care:** eye examinations by an optometrist or ophthalmologist, laser eye surgery when performed by a licensed ophthalmologist, eyeglass frames and lenses, and contact lenses, up to the maximum amount payable shown in the Summary of Coverages.

Exclusions

- (a) Safety glasses; tinted lenses provided for aesthetic or cosmetic purposes; non-corrective sunglasses.
- (b) Services or supplies not reasonably necessary for the vision care of the covered person.
- (15) **Heidelberg Retinal Tomography (HRT)**, where allowed by provincial legislation, up to the maximum amount payable shown in the Summary of Coverages.

(16) Intra-uterine devices

The requirement that the service or supply is necessary on account of sickness of a covered person does not apply to this item.

(17) Other services and supplies when obtained from a licensed medical technician or authorized medical supplies vendor:

X-ray examinations and therapy and diagnostic laboratory procedures.

Colostomy and ileostomy supplies.

Diabetic supplies: rubbing alcohol, cotton swabs and flash glucose monitoring machines.

Blood and blood plasma not replaced by or for the patient.

Oxygen and rental of equipment for its administration.

Artificial limbs, larynx and eyes.

Electronic heart pacemaker.

Casts, splints, trusses, braces, crutches, surgical dressings.

Orthotics.

Rental of a wheelchair, hospital bed or iron lung.

Continuous glucose monitors and all associated supplies and equipment, up to the maximum amount payable shown in the Summary of Coverages.

(18) Other services or supplies

Canada Life can, on such terms as it determines, cover services or supplies not otherwise covered under this group benefit plan where the service or supply represents reasonable treatment.

C. ASSESSMENT PROVISIONS

Eligible charges are subject to the following assessment provisions.

(1) Prior authorization

In order to determine whether coverage is provided for certain services or supplies, Canada Life maintains a limited list of services and supplies that require prior authorization.

For services and supplies including a listing of the prior authorization drugs, go to www.canadalife.com.

Prior authorization is intended to help ensure that a service or supply represents a reasonable treatment.

If the use of a lower cost alternative service or supply represents reasonable treatment, Canada Life may require a covered person to provide medical evidence why the lower cost alternative service or supply cannot be used before coverage may be provided for the service or supply.

(2) Health case management

Canada Life may contact the covered person to participate in health case management. Health case management is a program recommended or approved by Canada Life that may include but is not limited to:

- (a) consultation with the covered person and the attending physician to gain understanding of the treatment plan recommended by the attending physician;
- (b) comparison with the attending physician of the recommended treatment plan with alternatives, if any, that represent reasonable treatment;
- (c) identification to the attending physician of opportunities for education and support; and
- (d) monitoring the covered person's adherence to the treatment plan recommended by the attending physician.

In determining whether to implement health case management, Canada Life may assess such factors as the service or supply, the medical condition, and the existence of generally accepted medical guidelines for objectively measuring medical effectiveness of the treatment plan recommended by the attending physician.

Canada Life can, on such terms as it determines, **limit** the payment of benefits for a service or supply where:

- (a) Canada Life has implemented health case management and the covered person does not participate or cooperate; or
- (b) the covered person has not adhered to the treatment plan recommended by the attending physician with respect to the use of the service or supply.

Expenses associated with health case management may be paid for by Canada Life at its discretion. Expenses claimed under this provision must be pre-authorized by Canada Life.

(3) **Designated provider limitation**

For a service or supply to which prior authorization applies or where Canada Life has recommended or approved health case management, Canada Life can require that the service or supply be purchased from or administered by a provider designated by Canada Life, and:

- (a) **limit** the eligible charge for a service or supply that was not purchased from or administered by a provider designated by Canada Life to the cost of the service or supply had it been purchased from or administered by the provider designated by Canada Life; or
- (b) **decline** a claim for a service or supply that was not purchased from or administered by a provider designated by Canada Life.

(4) **Patient assistance program**

A patient assistance program may provide financial, educational or other assistance to covered persons with respect to certain services or supplies.

If a covered person is eligible for a patient assistance program, Canada Life can require the covered person to apply to and participate in such a program. Where financial assistance is available from a patient assistance program in which Canada Life requires participation, Canada Life can **reduce** the amount of a covered expense for a service or supply by the amount of financial assistance the covered person is entitled to receive for that service or supply.

D. OVERALL LIFETIME MAXIMUM

Benefits payable are subject to the overall lifetime maximum (shown in the Summary of Coverages) per covered person.

E. EXCLUSIONS

Canada Life can decline a claim for services or supplies purchased from a provider that is not approved by Canada Life.

- (1) Any charges incurred in connection with:
 - (a) Commission of, or attempt to commit, any criminal offence but not when injuries are sustained as a result of driving a vehicle when the covered person's blood contained more than 80 milligrams of alcohol in 100 millilitres of blood (.08).
 - (b) Sickness due to war or any act of war, civil commotion, insurrection or hostilities of any kind.
 - (c) Rest cures, travel for health reasons, periodic checkups and examinations, or pregnancy tests.
 - (d) Telephone consultations made by a physician with respect to a person's sickness or injury.
- (2) Any charges incurred for:
 - (a) Services or supplies dispensed by a person who normally resides with the covered person or who is related to the covered person by blood or marriage.
 - (b) Physicians' services or X-ray examinations involving one or more teeth, the tissue or structure around them, the alveolar process or the gums. This applies even if a condition requiring any of these services involves a part of the body other than the mouth such as the treatment of temporomandibular joint dysfunctions (TMJD) or malocclusion involving joints or muscles by methods, including, but not limited to, crowning, wiring or repositioning teeth. This does not apply to a charge made for dental treatment described in section B.
 - (c) Services or supplies to the extent that they are available under any government medical, health or hospital services plan or where such a plan prohibits payment.
 - (d) Services or supplies for which the covered person is not required to make payment, or where payment is received as a result of legal action or settlement.
 - (e) Services or supplies to the extent that they are payable or would have been payable under any Workers' Compensation Act or similar law, had timely pursuit been made.
 - (f) Services or supplies to the extent that such services or benefits for such services are available under any plan or program established pursuant to the laws or regulations of any government, including any motor vehicle no fault coverage required by statute.

F. EXTENSION OF BENEFITS

If the coverage of a covered person terminates for any reason and if the covered person is totally disabled on the date of termination, benefit payments for the expenses incurred as a result of that sickness will continue during the total disability as if such coverage had continued. Benefits will continue for a period of 90 days or, if earlier, to the date the individual becomes covered under any other group plan, whether issued by Canada Life or another company.

"Totally disabled" and "total disability" means that the covered person is prevented solely because of sickness from engaging in all of the normal activities of a person of like age and sex, and who is in good health.

G. EXTENSION OF COVERAGE ON YOUR DEATH

If your dependents are covered under this coverage on the date of your death, their coverage will continue **on a non-contributory basis** until the earliest of:

- (1) 24 months from the date of your death;
- (2) the date your spouse remarries;
- (3) the date the dependent is no longer a qualified dependent;
- (4) the date that similar coverage is obtained elsewhere;
- (5) the date this coverage is cancelled; and
- (6) the date the contract is cancelled.

H. PROOF OF CLAIM

Written proof of the loss on which a claim may be based must be given to Canada Life within 15 months of the date the expense was incurred.

DENTAL CARE COVERAGE

FOR YOU AND YOUR QUALIFIED DEPENDENTS

DEFINITIONS

Where used in this coverage, the following words or phrases have the meanings set forth below:

- (1) "Dentist" means a duly licensed dentist practising within the scope of his or her profession and any other licensed, certified and/or registered dental auxiliary personnel.
- (2) "Eligible charges" means the charges actually made to the covered person for services which are included for payment in the List of Dental Services described in the following pages, and which are reasonable, necessary and customary for good dental care and are performed or recommended by a dentist, performed by a dental hygienist entitled by law to practise independently, or performed by a denturist; to the extent that the charges:
 - (a) do not exceed the amount specified in the fee guide shown in the Summary of Coverages;
 - (b) are not provided by any law or governmental program under which the individual is or could be covered; and
 - (c) exceed the amount payable under any other coverage of the contract, any Workers' Compensation Act or similar law, or any other source.

When 2 or more covered dental procedures are separately suitable for the dental care of a specific condition, and both are consistent with good dental care, the contract will provide benefits for the least expensive service.

When a charge is made for an unlisted service furnished for the dental care of a specific condition and the list contains one or more services which, under standard practices, are separately suitable for the dental care of that condition, the contract will provide benefits for the least expensive service.

Where a covered dental expense does not appear in the prevailing fee guide, the amount of the eligible charge for such procedure will be determined by Canada Life on a reasonable and customary basis.

Denturist fee guides are applicable when services are provided by a denturist. Dental hygienist fee guides are applicable when services are provided by a dental hygienist practising independently.

- (3) "Orthodontic procedure" means the movement of teeth by means of active appliances to correct the position of maloccluded or malpositioned teeth.

- (4) "Orthodontic treatment plan" means a dentist's report, on a form satisfactory to Canada Life, which:
- (a) describes the recommended treatment for orthodontic procedures;
 - (b) estimates the duration over which treatment will be completed;
 - (c) states the total charge for such treatment; and
 - (d) is accompanied by cephalometric X-rays, study models, photographs and such other supporting evidence as Canada Life may reasonably require.
- (5) "Reasonable and customary charge" means the usual charge made for the covered dental expense, in the absence of coverage, but not more than the prevailing charge in the area where the expense is incurred.

A. PAYMENT OF BENEFITS

After satisfaction of the deductible, a benefit will be paid if a covered person incurs eligible charges for the covered dental procedures described in the List of Dental Services while covered for this coverage. Benefits will be equal to the covered percentage once the deductible has been satisfied, up to the maximum shown in the Summary of Coverages. The deductible and the covered percentage are shown in the Summary of Coverages.

Deductible carry-over provision

Any expenses incurred in the last 3 months of a calendar year which are used toward satisfying the deductible for that year may also be used toward satisfying the deductible for the next calendar year.

Charge incurred

When a covered dental procedure requires multiple appointments to complete, the charge will be considered to have been incurred on the date the procedure was completed, subject to any limitations or exclusions in this coverage.

Materials to be furnished

In order to determine the eligible charges, Canada Life may ask for pre-treatment X-rays and other diagnostic and evaluative materials. If they are not given, Canada Life will determine eligible charges on the basis of the information which is available. This may reduce, or eliminate, the benefits which otherwise would have been payable.

Temporary appliances

A temporary appliance is considered to be a permanent appliance once 12 months have elapsed from the date of insertion. Thereafter, any limitations on the replacement of permanent appliances will apply to temporary appliances on the same basis.

Pre-determination of benefits

Canada Life recommends that a treatment plan, in the form of a report prepared by the dental service provider, be submitted prior to commencement of treatment when:

- (1) the course of treatment is expected to cost more than \$600; or
- (2) there are alternative methods of treatment.

Canada Life will review the treatment plan and advise the covered person of the amount payable under this coverage, **before** the dental work begins.

LIST OF DENTAL SERVICES

BASIC SERVICES

EXAMINATIONS

Complete oral examination, once every 5 years.
Periodic oral examination, once every 9 months.
Specific oral-area examination, twice yearly.
Emergency oral-area examination.

X-RAY EXAMINATIONS (RADIOGRAPHS)

Complete series, including panoramic survey, once every 5 years.
Bitewing films, once yearly.
Extraoral films.
Periapical and intraoral films.
Interpretation of radiographs from another source.
Radiographs related to temporomandibular joint dysfunctions (TMJD).

TESTS AND LABORATORY EXAMINATIONS

Cultures/smears for determining pathologic agents.
Biopsies.
Pulp vitality test.
Diagnostic casts - unmounted.

CASE PRESENTATIONS

Consultation with patient - when performed on a day other than the day of the examination.

PREVENTIVE SERVICES

Polishing - maximum of one time unit every 9 months.
Fluoride treatment, once every 9 months.
Oral hygiene instruction, once every 5 years.
Pit and fissure sealants, once every 3 years, for permanent molars and bicuspid for dependent children.
Caries/pain control.
Interproximal discing - maximum of 2 time units per year.
Space maintainers for children younger than age 16.

RESTORATIONS

(Restorative services which are performed prior to installation of a crown or bridge and are related to installation of that crown or bridge will be considered major services.)

Non-bonded silver amalgams.

Tooth-coloured/composite restorations. (If composites are used on posterior teeth, the eligible charge will be limited to the equivalent amalgam fee.)

Retentive pins, posts.

Stainless-steel crowns and plastic crowns - for primary teeth.

Caries/pain control - as a separate procedure from a restoration.

ENDODONTIC SERVICES

Pulp capping.

Pulpotomy/pulpectomy.

Root canal therapy.

Apexification.

Apicoectomy.

Retrofilling.

Root amputations.

Isolation of tooth.

Hemisection.

Removal, apical filling and replantation.

Open and drain - as a separate emergency procedure.

Perforations.

PERIODONTAL SERVICES

Nonsurgical services.

Exclusion

No benefits paid for training in personal therapeutic periodontal care.

Surgical services.

Post-surgical visits - 4 visits per year.

Occlusal adjustments/equilibration - maximum of 4 time units per lifetime.

Scaling and/or root planing - maximum of 7 time units every 9 months.

Special periodontal appliance for bruxism only.

DENTURE SERVICES

Repairs.

Additions.

Direct relines (functional impression required).

Relines, processed, once every 36 months (functional impression required).

Rebasing, once every 36 months.

ORAL SURGERY

Extractions - uncomplicated and complicated.
Removal of residual roots.
Surgical exposure of teeth.
Alveoloplasty, gingivoplasty, stomatoplasty and osteoplasty.
Surgical excisions.
Surgical incisions.
Frenectomy.
Treatment of fractures.
Miscellaneous surgical services.

ADJUNCTIVE SERVICES

House and hospital visit.
Office visit after regularly scheduled hours and no operative services performed.
Injection of drugs.
Anaesthesia and sedation - only when performed in conjunction with oral surgery.

MAJOR SERVICES

SINGLE RESTORATIONS

Onlays, inlays, crowns

- only if the tooth cannot be restored with a basic restoration.
- transitional (temporary) crowns are considered part of the final restoration.
- limited to full metal crowns on molar teeth.

Porcelain repairs.
Retentive pins, posts and cores.
Recementation.
Removal of crown or inlay.
Crown coping.

PROSTHODONTICS - REMOVABLE

Complete standard dentures.
Immediate completed standard dentures, once every 5 years.
Transitional standard dentures.
Partial dentures - including cast chrome (but not gold).
Denture remake.
Denture adjustments - 3 months after insertion (once each year).
Remount and occlusal equilibration.
Tissue conditioning.

PROSTHODONTICS - FIXED

Retainer inlays/onlays.
Abutment crowns and pontics - limited to full metal crowns and pontics for molars.
Repairs.
Retentive pins, post and cores, copings.
Removal of bridge.

ORTHODONTIC SERVICES

FOR YOUR DEPENDENT CHILDREN YOUNGER THAN AGE 20 ON THE DATE THE ORTHODONTIC PROCEDURE COMMENCES

The amount payable is the covered percentage of the reasonable and customary charge for the covered orthodontic services after satisfaction of the deductible, up to the lifetime maximum. The covered percentage, deductible and lifetime maximum are shown in the Summary of Coverages.

An orthodontic treatment plan should be submitted prior to commencement of the orthodontic procedure. Canada Life will review the treatment plan and advise you of the estimated benefits. The total eligible charges will then be paid in equal monthly installments over a period of time equal to the estimated duration of the orthodontic treatment plan.

The following are covered orthodontic services:

- (1) Diagnostic services (once only).
- (2) Interceptive orthodontics.
- (3) Comprehensive orthodontics.
- (4) Habit-inhibiting appliances.

Exclusions

Expenses incurred in connection with any of the following are not covered:

- (1) Myofunctional therapy.
- (2) Charges for replacement or repair of an orthodontic appliance.
- (3) Motivation of a patient.
- (4) A procedure for which an active orthodontic appliance was installed before the individual became covered under this coverage.

B. LIMITATIONS AND EXCLUSIONS

Expenses incurred for any of the following are not covered:

- (1) Installation of fixed bridgework, removable, partial or complete dentures to replace teeth missing prior to the individual's becoming covered under this coverage, **unless** the partial or full removable denture or fixed bridgework also includes replacement of a natural tooth extracted while the individual was a covered person and the extracted tooth was not an abutment to a partial denture or fixed bridge installed within the immediately preceding 5 years.
- (2) Modification or replacement of removable dentures, fixed bridgework, crowns, inlays and onlays within 5 years of installation.

- (3) Fixed bridgework to replace removable dentures unless a professionally adequate result can only be achieved with fixed bridgework and fixed bridgework is a covered dental procedure.
- (4) Replacement of lost or stolen appliances.

Any charges incurred for, or in connection with, any of the following are not covered:

- (1) Expenses for which Canada Life is prohibited by law from providing.
- (2) Expenses for which the covered person is not required to make payment, or where payment is received as a result of legal action or settlement.
- (3) Expenses payable under Workers' Compensation Act or similar law.
- (4) An examination by, or the services of a dentist if required solely for the use of a third party.
- (5) Duplication of a recent service by the same, or a different, dentist.
- (6) Cosmetic services (including facings on molar crowns or molar pontics) unless necessitated as a result of accidental injuries sustained while a covered person.
- (7) Procedures, appliances and restorations used to increase vertical dimension or to restore the occlusion, or for the purpose of splinting.
- (8) Services for the correction of temporomandibular joint dysfunctions (TMJD).
- (9) Implantology, specialized services (including precision attachments and stress breakers) and services which are experimental in nature.
- (10) Laboratory charges exceeding 60% of the fixed fee for the procedure in the fee guide shown in the Summary of Coverages.
- (11) Services received for injuries sustained while committing, or attempting to commit, a criminal offence but not when injuries are sustained as a result of driving a vehicle when the covered person's blood contained more than 80 milligrams of alcohol in 100 millilitres of blood (.08).
- (12) Sinus examination, hand and wrist radiographs, hard tissue biopsy, hemisection, supra crestal fibrotomy, free connective tissue graft, grafts related to gingival onlay, grafts on osseous tissue, regeneration of guided tissue and procedures for proximal wedge.

Late entrants limitation

If an individual enrolls for the dental care coverage more than 31 days after first becoming eligible to do so, benefits will be limited to \$100 per covered person during the first 12 months of coverage.

This limitation will be waived under the following circumstances:

- (1) when the covered dental expense is the result of accidental injuries sustained while a covered person;
- (2) for a covered dependent child younger than 5 years of age; or

- (3) for a dependent
 - (a) who was previously covered for employee coverage under another group plan;
 - (b) whose coverage terminated due to termination of employment; and
 - (c) who enrolls for this coverage within 31 days of the prior coverage's termination.

C. EXTENSION OF COVERAGE ON YOUR DEATH

If your dependents are covered under this coverage on the date of your death, their coverage will continue **on a non-contributory basis** until the earliest of:

- (1) 24 months from the date of your death;
- (2) the date your spouse remarries;
- (3) the date the dependent is no longer a qualified dependent;
- (4) the date that similar coverage is obtained elsewhere;
- (5) the date this coverage is cancelled; and
- (6) the date the contract is cancelled.

D. PROOF OF CLAIM

Written proof of the loss on which a claim may be based must be given to Canada Life within 15 months of the date the expense was incurred.

VIRTUAL HEALTH SERVICES

FOR YOU AND YOUR QUALIFIED DEPENDENTS

Virtual health services are available to you and your qualified dependents (each a “person” for the purposes of these services) by downloading the service provider’s application specified by Canada Life from time to time. These services include the following:

- (1) unless prohibited by applicable laws, access to an unlimited number of consultations via telephone calls, text messaging and videoconferencing with medical professionals.
- (2) prescriptions and prescription renewals, when medically needed.
- (3) where diagnostic or laboratory tests are medically needed:
 - (a) completion of necessary requisitions.
 - (b) results of the diagnostic or laboratory tests provided and accessible through the provider’s application.
 - (c) information on the results of the diagnostic/laboratory tests via the service provider’s application.
- (4) details of a person’s care plan provided to the person on request of that person.
- (5) access to self-guided internet-based cognitive behavioral therapy (iCBT).
- (6) access to specialists such as psychologists, dietitians and work and life coaches for an additional fee.

The above services will be available 24 hours a day, 7 days a week.

How to Access these Services

- (1) Visit the Website
English: consultplus.dialogue.co/
French: consultplus.dialogue.co/?lng=fr
- (2) **Download the App**
Download the Consult+ app to any mobile device.
- (3) **Visit the Help & Support Pages**
English: www.canadalife.com/resources/consult-faq.html
French: www.canadalife.com/fr/resources/consult-faq.html



EMPLOYEE ASSISTANCE PROGRAM (EAP)

REACH OUT. GET HELP. FEEL BETTER.

You can trust the Employee & Family Assistance Program (EAP) to help you and your family find solutions for a wide range of life's challenges.

Caring professionals can help you access support related to:

Fitness and physical health	Finances
Mental health	Elder Care
Relationships	Legal
Nutrition	

There are many ways to get help today - all completely confidential.

You and your eligible family members can receive support over the telephone, in person, online, and through a variety of health and wellness resources. For each concern you are experiencing, you can receive a series of private sessions with an expert. You can also take advantage of online tools to help manage your and your family's health. You'll get practical and fast support in a way that is most suited to your preferences, learning preference and lifestyle.



Solutions for a wide range of life's challenges.

Let us help you:



Nutrition support

Weight management
Boost energy and resilience
High cholesterol
High blood pressure
Diabetes
Heart disease



Achieve well-being

Stress
Depression
Anxiety
Anger
Crisis situations
Life transitions



Financial support

Credit and debt management
Budgeting
Bankruptcy
Financial emergencies
Changing circumstances



Legal support services

Separation and divorce
Civil litigation
Custody and child support
Wills and estate planning



Focus on your health

Identify conditions
Prevent illness
Manage symptoms
Discover natural healing strategies
Create an action plan for better health



Manage relationships and family

Separation and divorce
Elder care
Relationship conflict
Parenting
Blended Family issues



Deal with workplace challenges

Work-life balance
Conflict
Career planning
Bullying and harassment



Find child and elder care resources

Maternity and parental leave
Adoption
Child care services
Schooling
Adult day programs
Nursing and retirement homes



Tackle addictions

Alcohol
Tobacco
Drugs
Gambling
Other addictions
Post recovery support



1-844-671-3327

URL: one.telushealth.com





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