

Premiums Effective September 1, 2025 to August 31, 2026
for members of the National Association of Federal Retirees insured
under the Public Service Health Care Plan (PSHCP)

The following premiums are applicable to the Base Plan - for trips up to 40 consecutive days outside Canada.

Base Plan Premium [†]	Age						
	0 - 54	55 - 59	60 - 64	65 - 69	70 - 75	76 - 80	81+
	INDIVIDUAL PREMIUM (Family plan premium* is double the amount below)						
	99	120	130	177	263	429	756

The following premiums are applicable to the Supplemental Plan for trips in excess of 40 consecutive days outside Canada. The Supplemental Plan Total Trip Duration should include the date you leave Canada for a period of longer than 40 consecutive days and the date you return to your province or territory of residence.

Optimum Health Option Rates

Supplemental Plan Total Trip Duration [†] (Days)	Age						
	0 - 54	55 - 59	60 - 64	65 - 69	70 - 75	76 - 80	81+
	INDIVIDUAL PREMIUM (Family plan premium* is double the amount below)						
41-50	120	155	171	212	350	587	1,081
51-60	151	198	220	289	417	741	1,394
61-75	189	276	309	402	526	969	1,862
76-90	230	329	363	479	652	1,219	2,369
91-105	266	388	439	561	780	1,469	2,877
106-120	314	497	547	692	979	1,797	3,458
121-135	354	611	690	817	1,179	2,130	4,043
136-150	394	675	741	908	1,320	2,393	4,566
151-165	438	746	846	998	1,463	2,662	5,089
166-182	483	818	903	1,099	1,621	2,962	5,685

Preferred Health Option Rates

Supplemental Plan Total Trip Duration [†] (Days)	Age						
	0 - 54	55 - 59	60 - 64	65 - 69	70 - 75	76 - 80	81+
	INDIVIDUAL PREMIUM (Family plan premium* is double the amount below)						
41-50	136	169	191	239	385	652	1,205
51-60	166	223	245	326	468	824	1,552
61-75	211	307	347	448	587	1,080	2,072
76-90	259	365	403	534	726	1,356	2,641
91-105	296	435	490	625	868	1,636	3,204
106-120	350	554	611	766	1,090	2,004	3,853
121-135	394	681	763	909	1,311	2,369	4,505
136-150	444	749	824	1,011	1,470	2,666	5,086
151-165	486	836	941	1,113	1,631	2,962	5,672
166-182	538	911	1,007	1,231	1,808	3,301	6,333

Standard Health Option Rates

Supplemental Plan Total Trip Duration [†] (Days)	Age						
	0 - 54	55 - 59	60 - 64	65 - 69	70 - 75	76 - 80	81+
	INDIVIDUAL PREMIUM (Family plan premium* is double the amount below)						
41-50	152	196	245	316	506	837	1,476
51-60	196	329	402	509	763	1,181	2,037
61-75	265	534	672	800	1,152	1,691	2,875
76-90	344	673	822	1,023	1,500	2,240	3,818
91-105	416	818	1,029	1,246	1,851	2,789	4,764
106-120	504	1,063	1,299	1,626	2,559	3,659	6,175
121-135	586	1,319	1,654	2,008	3,260	4,531	7,585
136-150	667	1,473	1,805	2,263	3,693	5,154	8,630
151-165	743	1,656	2,070	2,522	4,120	5,775	9,677
166-182	834	1,826	2,234	2,814	4,607	6,477	10,863

Trip Cancellation is a compulsory benefit under the MEDOC Plan. For Ontario, Newfoundland and Labrador, Manitoba and Quebec residents, Retail Sales Tax is payable on the premium for Trip Cancellation, 30% of the listed premium rate. For Saskatchewan residents, Retail Sales Tax is payable on the entire premium. This tax is not applicable in other provinces.

See reverse for administrative information.

Administration Information

IMPORTANT: If you are not a member of the National Association of Federal Retirees insured under the Public Service Health Care Plan (PSHCP), different rates apply. Please contact Johnson Inc. for further information.

*Family coverage is available to you, your spouse and dependent(s) when:

- you and your spouse qualify for the same Health Option and have paid the premium for a family plan; or
- you and your spouse qualify for two different Health Options and have paid the premium for two individual plans.

If you do not require coverage for a spouse, family coverage is available to you and your dependent(s) when the premium for a family plan has been paid.

†The Base Plan premiums shown on the reverse are for a full policy year, which is September 1st to August 31st inclusively. When applying for the Base Plan after commencement of the policy year, the premium rates will be pro-rated from your effective date until the end of the policy year. Please contact Johnson Inc. for information on pro-rated premium rates.

‡The Supplemental Plan provides coverage for a single trip that includes travel for more than 40 consecutive calendar days outside of Canada. A Supplemental Plan may be purchased to cover travel for a duration not exceeding 50 consecutive calendar days, starting on the day you leave Canada for a period of more than 40 consecutive calendar days and ending on the day you return home. For longer trips:

- an additional 10-day unit of Supplemental Plan coverage can be purchased to cover a trip of up to 60 calendar days.
- for trips beyond 60 calendar days, additional 15-day units of Supplemental Plan coverage can be purchased to a maximum of 165 calendar days.
- for trips beyond 165 calendar days, an additional 17-day unit can be purchased to a maximum of 182 calendar days.
- for residents of Ontario, British Columbia, Alberta, Manitoba, New Brunswick and Newfoundland and Labrador travelling longer than 182 calendar days, additional 15-day units of Supplemental Plan coverage can be purchased to a maximum of 212 calendar days. Please contact Johnson Inc. for applicable rates.

When one or more Supplemental Plan(s) are purchased, a Base Plan is automatically included.

Monthly payments, if selected, are deducted on the 5th of each month from your bank account. For first time applicants, please attach a "Void" cheque to your application form. If you are an existing MEDOC policyholder, a void cheque is not required unless your banking information has changed.

JOHNSON INC. CONTACT INFORMATION

Please contact Johnson Inc. if you have any questions relating to your MEDOC® coverage and we will be pleased to assist you.

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