

Group insurance plan for retired FNEEQ (CSN) teachers and AREF members- Contract 001011

Monthly premiums applicable as of January 1, 2026

The group insurance contract covering retired teachers who are FNEEQ (CSN) and AREF members will be renewed on January 1, 2026. As requested by the insurance committee, we are writing to inform you of the conditions applicable as of that date.

Health insurance - Quebec residents

	60-Day Option		182-Day Option	
	Required rate	Payable rate including premium holidays of 3,2 %	Required rate	Payable rate including premium holidays of 3,2 %
Individual coverage	\$52.81	\$50.27	\$72.98	\$71.08
Family coverage	\$105.62	\$100.54	\$145.96	\$142.16

The sales tax must be added to the above-mentioned rates.

Why a premium holiday? Where does this holiday come from?

Certain benefits included in this group insurance contract could generate a surplus when the paid benefits are lower than expected. In this case, the AREF can help participants benefit by awarding premium holidays. A reduction is then granted on the premium the participant would normally have paid (required rates) and the surplus sum is used to cover the difference.

For this reason, for the health insurance, the premium you would have had to pay for the next contractual year is the premium indicated in the "Required rate" column. However, the premium you will be billed is the one indicated in the "Payable rate" column.

Please note that the decision whether to award a premium holiday and its value, if applicable, are re-evaluated annually by AREF at renewal.

Participant's basic life insurance

Rate per \$1,000 of insurance coverage

	Required rate
Under age 65	\$0.8483
Age 65 and over	\$1.8369

The sales tax must be added to the above-mentioned rates.

Dependents' life insurance

	Required rate
Participant under age 65	\$2.40
Participant age 65 or over	\$12.76

The sales tax must be added to the above-mentioned rates.

Participant's and spouse's optional life insurance

Rate per \$1,000 of insurance coverage

Age	Male	Female
Under age 50	\$0.147	\$0.097
50 – 54	\$0.219	\$0.138
55 – 59	\$0.346	\$0.210
60 – 64	\$0.531	\$0.320
65 – 69	\$0.861	\$0.521
70 – 74	\$1.433	\$0.883
75 – 79	\$2.350	\$1.553
80 – 84	\$3.836	\$2.586
85 – 89	\$6.247	\$4.447
90 - 94	\$10.120	\$7.618
95 – 99	\$14.676	\$11.953
Age 100 and over	\$18.567	\$15.834

The additional life insurance premium for the spouse is based on the age of the plan member and the gender of the spouse.

The sales tax must be added to the above-mentioned rates.

Schedule of coverage effective as of January 1, 2026

We invite you to read the new version of the Schedule of coverage detailing your insurance coverage. This document which is updated yearly is available on AREF's and Beneva's websites.