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-  **Hospital care** – semi-private room
-  **TELUS Health Virtual Care⁵** – 24/7 access to health care practitioners online, through the mobile app

2024 Premium Rates – Alberta

FollowMe™ Health Individual Insurance Plans				
Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$82.80	\$107.20	\$146.00	\$195.10
45-54	\$95.90	\$124.70	\$163.70	\$223.30
55-59	\$106.80	\$132.80	\$171.10	\$233.30
60-64	\$112.50	\$142.70	\$172.50	\$236.70
65-69	\$92.20	\$112.10	\$132.30	\$190.10
70-79	\$100.20	\$124.50	\$143.00	\$196.00
80-89	\$110.00	\$165.00	\$186.70	\$254.20
90+	\$141.90	\$222.10	\$234.90	\$300.20
Couple				
18-44	\$74.40	\$98.80	\$137.10	\$185.20
45-54	\$87.20	\$116.00	\$154.80	\$213.70
55-59	\$98.20	\$124.10	\$162.00	\$224.10
60-64	\$104.00	\$134.30	\$163.90	\$227.70
65-69	\$83.90	\$104.30	\$124.90	\$181.60
70-79	\$91.50	\$117.20	\$136.00	\$188.00
80-89	\$101.70	\$156.10	\$178.50	\$245.30
90+	\$133.80	\$213.50	\$226.50	\$290.90
Child (1 or 2 children)				
0-20	\$26.30	\$33.70	\$68.90	\$105.10
Child (3 or more children)				
0-20	\$24.00	\$30.20	\$62.00	\$94.20
Travel Add-On*				
Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$4.50	\$7.40	\$4.30	\$7.00
45-54	\$6.10	\$9.90	\$5.80	\$9.40
55-59	\$9.20	\$15.10	\$8.70	\$14.30
60-64	\$11.90	\$19.50	\$11.30	\$18.50
65-69	\$15.30	\$24.10	\$14.50	\$22.90
70-79	\$22.60	\$35.80	\$21.50	\$34.00
Children				
0-20	15-day	\$4.50	30-day	\$7.40

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2024 Premium Rates – British Columbia

FollowMe™ Health Individual Insurance Plans				
Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$84.40	\$111.90	\$149.60	\$196.20
45-54	\$97.40	\$129.30	\$166.30	\$222.30
55-59	\$108.40	\$136.30	\$173.10	\$231.30
60-64	\$114.40	\$147.80	\$176.60	\$236.70
65-69	\$89.40	\$117.50	\$138.00	\$182.60
70-79	\$100.90	\$140.40	\$158.50	\$205.30
80-89	\$118.10	\$188.00	\$208.30	\$271.30
90+	\$162.90	\$263.10	\$274.90	\$339.00
Couple				
18-44	\$76.20	\$103.20	\$140.60	\$186.00
45-54	\$89.10	\$120.30	\$157.30	\$213.10
55-59	\$99.70	\$127.90	\$164.60	\$222.00
60-64	\$105.80	\$139.30	\$168.00	\$227.40
65-69	\$81.10	\$109.30	\$130.10	\$174.90
70-79	\$92.90	\$132.30	\$151.00	\$197.10
80-89	\$109.90	\$179.30	\$199.80	\$263.00
90+	\$154.20	\$254.40	\$266.40	\$329.80
Child (1 or 2 children)				
0-20	\$25.00	\$32.80	\$66.40	\$98.90
Child (3 or more children)				
0-20	\$22.80	\$29.60	\$59.70	\$89.20
Travel Add-On*				
Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$4.50	\$7.40	\$4.30	\$7.00
45-54	\$6.10	\$9.90	\$5.80	\$9.40
55-59	\$9.20	\$15.10	\$8.70	\$14.30
60-64	\$11.90	\$19.50	\$11.30	\$18.50
65-69	\$15.30	\$24.10	\$14.50	\$22.90
70-79	\$22.60	\$35.80	\$21.50	\$34.00
Children				
0-20	15-day	\$4.50	30-day	\$7.40







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-  **Hospital care** – semi-private room
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2024 Premium Rates – Manitoba

FollowMe™ Health Individual Insurance Plans				
Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$82.80	\$109.20	\$145.30	\$191.50
45-54	\$95.30	\$128.40	\$164.70	\$221.60
55-59	\$106.10	\$136.20	\$172.00	\$230.90
60-64	\$111.70	\$146.90	\$175.00	\$235.70
65-69	\$110.20	\$149.10	\$169.20	\$227.20
70-79	\$122.30	\$173.60	\$192.10	\$254.00
80-89	\$139.20	\$213.20	\$234.40	\$312.60
90+	\$178.70	\$284.40	\$296.90	\$380.80
Couple				
18-44	\$74.40	\$100.60	\$136.50	\$181.30
45-54	\$86.70	\$119.50	\$155.50	\$212.00
55-59	\$97.20	\$126.80	\$163.00	\$221.30
60-64	\$103.20	\$138.00	\$166.30	\$226.50
65-69	\$101.70	\$140.30	\$160.90	\$218.90
70-79	\$113.70	\$165.00	\$184.10	\$245.30
80-89	\$130.70	\$204.80	\$225.80	\$303.70
90+	\$170.20	\$275.70	\$288.40	\$371.60
Child (1 or 2 children)				
0-20	\$25.30	\$32.80	\$65.50	\$98.10
Child (3 or more children)				
0-20	\$22.90	\$29.50	\$58.70	\$88.20
Travel Add-On*				
Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$4.50	\$7.40	\$4.30	\$7.00
45-54	\$6.10	\$9.90	\$5.80	\$9.40
55-59	\$9.20	\$15.10	\$8.70	\$14.30
60-64	\$11.90	\$19.50	\$11.30	\$18.50
65-69	\$15.30	\$24.10	\$14.50	\$22.90
70-79	\$22.60	\$35.80	\$21.50	\$34.00
Children				
0-20	15-day	\$4.50	30-day	\$7.40

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2024 Premium Rates – New Brunswick

FollowMe™ Health Individual Insurance Plans				
Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$90.60	\$120.60	\$159.10	\$210.80
45-54	\$105.70	\$143.50	\$182.90	\$244.80
55-59	\$117.10	\$151.40	\$190.20	\$254.10
60-64	\$124.20	\$164.90	\$194.30	\$260.60
65-69	\$124.00	\$167.90	\$189.20	\$252.70
70-79	\$137.60	\$195.80	\$215.20	\$282.50
80-89	\$155.40	\$238.70	\$260.50	\$346.00
90+	\$211.20	\$332.90	\$345.70	\$439.80
Couple				
18-44	\$82.50	\$112.30	\$150.50	\$200.30
45-54	\$97.10	\$134.60	\$173.50	\$234.80
55-59	\$108.40	\$142.70	\$180.90	\$244.50
60-64	\$115.70	\$155.50	\$185.50	\$251.40
65-69	\$115.60	\$159.30	\$181.10	\$244.00
70-79	\$129.10	\$187.00	\$206.80	\$274.10
80-89	\$147.30	\$230.20	\$252.50	\$336.80
90+	\$202.50	\$324.20	\$337.70	\$430.70
Child (1 or 2 children)				
0-20	\$28.20	\$36.20	\$70.90	\$106.20
Child (3 or more children)				
0-20	\$25.30	\$32.80	\$64.00	\$95.90
Travel Add-On*				
Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$4.50	\$7.40	\$4.30	\$7.00
45-54	\$6.10	\$9.90	\$5.80	\$9.40
55-59	\$9.20	\$15.10	\$8.70	\$14.30
60-64	\$11.90	\$19.50	\$11.30	\$18.50
65-69	\$15.30	\$24.10	\$14.50	\$22.90
70-79	\$22.60	\$35.80	\$21.50	\$34.00
Children				
0-20	15-day	\$4.50	30-day	\$7.40







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2024 Premium Rates – Newfoundland and Labrador

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Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$84.80	\$112.80	\$150.40	\$197.20
45-54	\$98.50	\$133.70	\$172.00	\$228.90
55-59	\$109.20	\$140.50	\$178.10	\$237.60
60-64	\$115.20	\$151.90	\$181.40	\$242.80
65-69	\$113.30	\$153.60	\$174.90	\$232.80
70-79	\$126.50	\$179.60	\$199.70	\$261.20
80-89	\$144.80	\$221.90	\$244.10	\$322.20
90+	\$195.70	\$309.00	\$323.30	\$407.20
Couple				
18-44	\$76.50	\$104.20	\$141.50	\$186.90
45-54	\$89.80	\$124.30	\$162.50	\$219.30
55-59	\$100.30	\$131.70	\$169.60	\$228.00
60-64	\$106.40	\$143.30	\$172.80	\$233.70
65-69	\$105.00	\$144.80	\$166.60	\$224.30
70-79	\$118.10	\$171.20	\$191.40	\$252.40
80-89	\$136.30	\$213.20	\$235.80	\$312.90
90+	\$187.00	\$300.50	\$314.40	\$398.20
Child (1 or 2 children)				
0-20	\$25.00	\$32.90	\$66.30	\$99.40
Child (3 or more children)				
0-20	\$22.80	\$29.60	\$59.60	\$89.40
Travel Add-On*				
Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$4.50	\$7.40	\$4.30	\$7.00
45-54	\$6.10	\$9.90	\$5.80	\$9.40
55-59	\$9.20	\$15.10	\$8.70	\$14.30
60-64	\$11.90	\$19.50	\$11.30	\$18.50
65-69	\$15.30	\$24.10	\$14.50	\$22.90
70-79	\$22.60	\$35.80	\$21.50	\$34.00
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2024 Premium Rates – Nova Scotia

FollowMe™ Health Individual Insurance Plans				
Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$87.80	\$116.70	\$152.90	\$200.60
45-54	\$101.60	\$137.90	\$174.70	\$232.70
55-59	\$112.80	\$145.60	\$181.10	\$241.40
60-64	\$119.50	\$158.40	\$185.50	\$247.60
65-69	\$90.20	\$125.20	\$145.50	\$191.90
70-79	\$102.00	\$149.80	\$168.00	\$216.00
80-89	\$118.70	\$188.60	\$208.00	\$270.50
90+	\$169.30	\$272.10	\$283.50	\$347.60
Couple				
18-44	\$79.20	\$107.90	\$143.70	\$190.70
45-54	\$93.30	\$128.90	\$164.90	\$223.00
55-59	\$104.00	\$136.70	\$172.40	\$232.10
60-64	\$110.90	\$149.50	\$176.60	\$238.30
65-69	\$81.80	\$116.90	\$137.30	\$183.80
70-79	\$93.90	\$141.40	\$159.40	\$207.40
80-89	\$110.40	\$180.10	\$199.80	\$261.40
90+	\$160.70	\$263.70	\$274.90	\$338.70
Child (1 or 2 children)				
0-20	\$26.90	\$34.80	\$67.30	\$100.00
Child (3 or more children)				
0-20	\$24.10	\$31.10	\$60.80	\$89.80
Travel Add-On*				
Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$4.50	\$7.40	\$4.30	\$7.00
45-54	\$6.10	\$9.90	\$5.80	\$9.40
55-59	\$9.20	\$15.10	\$8.70	\$14.30
60-64	\$11.90	\$19.50	\$11.30	\$18.50
65-69	\$15.30	\$24.10	\$14.50	\$22.90
70-79	\$22.60	\$35.80	\$21.50	\$34.00
Children				
0-20	15-day	\$4.50	30-day	\$7.40







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2024 Premium Rates – Ontario

FollowMe™ Health Individual Insurance Plans				
Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$89.60	\$123.30	\$164.70	\$219.90
45-54	\$101.80	\$139.40	\$180.70	\$245.70
55-59	\$113.00	\$142.40	\$182.00	\$247.60
60-64	\$121.30	\$157.30	\$188.10	\$256.30
65-69	\$100.70	\$131.70	\$154.80	\$208.70
70-79	\$120.70	\$163.20	\$182.50	\$238.00
80-89	\$155.70	\$262.50	\$286.40	\$371.50
90+	\$195.10	\$335.70	\$350.20	\$435.50
Couple				
18-44	\$81.10	\$114.60	\$155.70	\$209.60
45-54	\$93.50	\$130.60	\$171.40	\$236.60
55-59	\$104.50	\$134.10	\$173.20	\$238.70
60-64	\$112.60	\$148.50	\$179.70	\$247.60
65-69	\$92.20	\$123.90	\$146.90	\$200.50
70-79	\$112.60	\$155.50	\$175.30	\$230.30
80-89	\$147.80	\$254.00	\$277.80	\$362.70
90+	\$186.60	\$327.20	\$341.40	\$426.30
Child (1 or 2 children)				
0-20	\$27.10	\$34.90	\$72.90	\$111.30
Child (3 or more children)				
0-20	\$24.20	\$31.50	\$65.60	\$100.20
Travel Add-On*				
Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$4.50	\$7.40	\$4.30	\$7.00
45-54	\$6.10	\$9.90	\$5.80	\$9.40
55-59	\$9.20	\$15.10	\$8.70	\$14.30
60-64	\$11.90	\$19.50	\$11.30	\$18.50
65-69	\$15.30	\$24.10	\$14.50	\$22.90
70-79	\$22.60	\$35.80	\$21.50	\$34.00
Children				
0-20	15-day	\$4.50	30-day	\$7.40

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2024 Premium Rates – Prince Edward Island

FollowMe™ Health Individual Insurance Plans				
Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$88.70	\$117.80	\$156.70	\$206.70
45-54	\$103.00	\$139.90	\$179.50	\$240.30
55-59	\$114.30	\$147.30	\$186.30	\$249.20
60-64	\$120.60	\$159.90	\$190.40	\$255.00
65-69	\$106.50	\$146.40	\$168.40	\$223.60
70-79	\$119.70	\$172.80	\$192.00	\$250.40
80-89	\$136.90	\$213.50	\$235.10	\$308.70
90+	\$190.10	\$302.40	\$315.10	\$393.60
Couple				
18-44	\$80.40	\$109.30	\$147.80	\$196.40
45-54	\$94.20	\$130.80	\$170.00	\$230.30
55-59	\$105.20	\$138.50	\$177.30	\$240.00
60-64	\$112.20	\$151.00	\$181.40	\$246.10
65-69	\$98.50	\$137.80	\$159.90	\$215.40
70-79	\$111.30	\$164.10	\$184.00	\$241.40
80-89	\$128.80	\$205.10	\$226.60	\$299.70
90+	\$181.50	\$293.80	\$306.50	\$384.30
Child (1 or 2 children)				
0-20	\$27.10	\$35.00	\$70.10	\$105.10
Child (3 or more children)				
0-20	\$24.60	\$31.60	\$63.30	\$94.20
Travel Add-On*				
Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$4.50	\$7.40	\$4.30	\$7.00
45-54	\$6.10	\$9.90	\$5.80	\$9.40
55-59	\$9.20	\$15.10	\$8.70	\$14.30
60-64	\$11.90	\$19.50	\$11.30	\$18.50
65-69	\$15.30	\$24.10	\$14.50	\$22.90
70-79	\$22.60	\$35.80	\$21.50	\$34.00
Children				
0-20	15-day	\$4.50	30-day	\$7.40

Vitality  Add Manulife Vitality with any core plan for just \$5/month.

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What's *included* to help you live life the way you like it

Your FollowMe™ Health plan may cover many of the same expenses as the group health plans provided by your employer,⁴ including:



Prescription drugs – whether for you, your partner or your children



Dental services – such as routine procedures like cleaning and fillings, as well as emergency dental work required because of an accident



Vision care – checkups with your eye doctor, as well as glasses, contact lenses and even laser eye surgery



Professional therapy – services provided by a registered massage therapist, chiropractor, physiotherapist, podiatrist, psychologist and other health care professionals



Hospital care – semi-private room



TELUS Health Virtual Care⁵ – 24/7 access to health care practitioners online, through the mobile app

2024 Premium Rates – Saskatchewan

FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$81.10	\$107.10	\$139.50	\$184.40
45-54	\$93.20	\$125.20	\$158.10	\$212.00
55-59	\$103.80	\$132.90	\$164.80	\$220.50
60-64	\$109.20	\$143.50	\$167.60	\$225.80
65-69	\$92.70	\$117.40	\$143.70	\$175.80
70-79	\$103.40	\$138.50	\$165.10	\$199.00
80-89	\$126.60	\$184.70	\$205.90	\$249.60
90+	\$157.40	\$267.20	\$277.10	\$281.10
Couple				
18-44	\$72.80	\$98.70	\$130.50	\$174.40
45-54	\$84.40	\$116.50	\$148.90	\$202.20
55-59	\$94.90	\$124.00	\$155.60	\$211.40
60-64	\$100.60	\$134.90	\$159.90	\$216.80
65-69	\$85.40	\$110.90	\$136.80	\$169.30
70-79	\$96.20	\$131.70	\$158.30	\$192.10
80-89	\$119.40	\$177.60	\$198.60	\$242.50
90+	\$150.10	\$259.10	\$268.90	\$274.10
Child (1 or 2 children)				
0-20	\$24.70	\$31.70	\$61.20	\$91.70
Child (3 or more children)				
0-20	\$22.10	\$28.50	\$55.00	\$82.40
Travel Add-On*				
Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$4.50	\$7.40	\$4.30	\$7.00
45-54	\$6.10	\$9.90	\$5.80	\$9.40
55-59	\$9.20	\$15.10	\$8.70	\$14.30
60-64	\$11.90	\$19.50	\$11.30	\$18.50
65-69	\$15.30	\$24.10	\$14.50	\$22.90
70-79	\$22.60	\$35.80	\$21.50	\$34.00
Children				
0-20	15-day	\$4.50	30-day	\$7.40



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* Maximum issue age: 69; coverage terminates at age 80.

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⁴ The FollowMe™ Health Individual Insurance Plan will not provide the exact same coverage that you may have had under your group health insurance plan.

⁵ Manulife cannot guarantee the availability of this benefit indefinitely.



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Hospital care – semi-private room



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2024 Premium Rates – Territories

FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$105.80	\$145.20	\$197.60	\$263.70
45-54	\$122.60	\$170.40	\$224.50	\$305.70
55-59	\$136.30	\$179.60	\$233.10	\$317.40
60-64	\$146.40	\$198.70	\$240.80	\$328.40
65-69	\$147.10	\$204.80	\$236.30	\$320.10
70-79	\$170.50	\$251.60	\$280.70	\$371.10
80-89	\$206.20	\$331.50	\$364.10	\$480.90
90+	\$268.10	\$440.60	\$461.40	\$586.20
Couple				
18-44	\$97.40	\$136.30	\$188.90	\$254.00
45-54	\$114.30	\$161.30	\$215.40	\$296.10
55-59	\$127.50	\$170.70	\$224.30	\$308.40
60-64	\$137.80	\$189.70	\$232.10	\$319.40
65-69	\$138.90	\$196.00	\$228.00	\$311.90
70-79	\$162.10	\$243.40	\$272.10	\$362.50
80-89	\$198.00	\$323.50	\$355.40	\$472.00
90+	\$259.90	\$432.30	\$452.80	\$577.00
Child (1 or 2 children)				
0-20	\$33.80	\$43.20	\$90.50	\$138.50
Child (3 or more children)				
0-20	\$30.30	\$38.80	\$81.50	\$124.30
Travel Add-On*				
Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$4.50	\$7.40	\$4.30	\$7.00
45-54	\$6.10	\$9.90	\$5.80	\$9.40
55-59	\$9.20	\$15.10	\$8.70	\$14.30
60-64	\$11.90	\$19.50	\$11.30	\$18.50
65-69	\$15.30	\$24.10	\$14.50	\$22.90
70-79	\$22.60	\$35.80	\$21.50	\$34.00
Children				
0-20	15-day	\$4.50	30-day	\$7.40



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