

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

Your FollowMe™ Health and Dental plan may cover many of the same expenses as the group health plans provided by your employer,<sup>4</sup> 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** – routine eye exams, as well as glasses, contact lenses and even laser eye surgery



**Registered Specialists and Therapists** – services provided by a massage therapist, chiropractor, physiotherapist, podiatrist, psychologist and other health care professionals



**Hospital care** – semi-private room or private room<sup>5</sup>



**TELUS Health Virtual Care<sup>6</sup>** – 24/7 access to health care practitioners online, through the mobile app

## 2025 Premium Rates – Alberta

### FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
<b>Individual</b>				
18-44	\$86.90	\$117.90	\$160.60	\$216.60
45-54	\$100.70	\$137.20	\$180.10	\$247.90
55-59	\$112.10	\$146.10	\$188.20	\$259.00
60-64	\$118.10	\$157.00	\$189.80	\$262.70
65-69	\$96.80	\$123.30	\$145.50	\$211.00
70-79	\$105.20	\$137.00	\$157.30	\$217.60
80-89	\$115.50	\$181.50	\$205.40	\$282.20
90+	\$149.00	\$244.30	\$258.40	\$333.20

<b>Couple</b>				
18-44	\$78.10	\$108.70	\$150.80	\$205.60
45-54	\$91.60	\$127.60	\$170.30	\$237.20
55-59	\$103.10	\$136.50	\$178.20	\$248.80
60-64	\$109.20	\$147.70	\$180.30	\$252.70
65-69	\$88.10	\$114.70	\$137.40	\$201.60
70-79	\$96.10	\$128.90	\$149.60	\$208.70
80-89	\$106.80	\$171.70	\$196.40	\$272.30
90+	\$140.50	\$234.90	\$249.20	\$322.90

<b>Child (1 or 2 children)</b>				
0-20	\$27.60	\$37.10	\$75.80	\$116.70

<b>Child (3 or more children)</b>				
0-20	\$25.20	\$33.20	\$68.20	\$104.60

### Travel Add-On\*

Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$4.90	\$8.10	\$4.70	\$7.70
45-54	\$6.70	\$10.90	\$6.40	\$10.40
55-59	\$10.10	\$16.60	\$9.60	\$15.80
60-64	\$13.10	\$21.40	\$12.40	\$20.30
65-69	\$16.80	\$26.50	\$16.00	\$25.20
70-79	\$24.80	\$39.30	\$23.60	\$37.30

<b>Children</b>				
0-20	15-day	\$4.90	30-day	\$8.10



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

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

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**Hospital care** – semi-private room or private room<sup>5</sup>



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## 2025 Premium Rates – British Columbia

### FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
<b>Individual</b>				
18-44	\$88.60	\$123.10	\$164.60	\$217.80
45-54	\$102.30	\$142.20	\$182.90	\$246.80
55-59	\$113.80	\$149.90	\$190.40	\$256.70
60-64	\$120.10	\$162.60	\$194.30	\$262.70
65-69	\$93.90	\$129.30	\$151.80	\$202.70
70-79	\$105.90	\$154.40	\$174.40	\$227.90
80-89	\$124.00	\$206.80	\$229.10	\$301.10
90+	\$171.00	\$289.40	\$302.40	\$376.30

<b>Couple</b>				
18-44	\$80.00	\$113.50	\$154.70	\$206.50
45-54	\$93.60	\$132.30	\$173.00	\$236.50
55-59	\$104.70	\$140.70	\$181.10	\$246.40
60-64	\$111.10	\$153.20	\$184.80	\$252.40
65-69	\$85.20	\$120.20	\$143.10	\$194.10
70-79	\$97.50	\$145.50	\$166.10	\$218.80
80-89	\$115.40	\$197.20	\$219.80	\$291.90
90+	\$161.90	\$279.80	\$293.00	\$366.10

<b>Child (1 or 2 children)</b>				
0-20	\$26.30	\$36.10	\$73.00	\$109.80

<b>Child (3 or more children)</b>				
0-20	\$23.90	\$32.60	\$65.70	\$99.00

### Travel Add-On\*

Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$4.90	\$8.10	\$4.70	\$7.70
45-54	\$6.70	\$10.90	\$6.40	\$10.40
55-59	\$10.10	\$16.60	\$9.60	\$15.80
60-64	\$13.10	\$21.40	\$12.40	\$20.30
65-69	\$16.80	\$26.50	\$16.00	\$25.20
70-79	\$24.80	\$39.30	\$23.60	\$37.30

<b>Children</b>				
0-20	15-day	\$4.90	30-day	\$8.10



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**Hospital care** – semi-private room or private room<sup>5</sup>



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## 2025 Premium Rates – Manitoba

### FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
<b>Individual</b>				
18-44	\$86.90	\$120.10	\$159.80	\$212.60
45-54	\$100.10	\$141.20	\$181.20	\$246.00
55-59	\$111.40	\$149.80	\$189.20	\$256.30
60-64	\$117.30	\$161.60	\$192.50	\$261.60
65-69	\$115.70	\$164.00	\$186.10	\$252.20
70-79	\$128.40	\$191.00	\$211.30	\$281.90
80-89	\$146.20	\$234.50	\$257.80	\$347.00
90+	\$187.60	\$312.80	\$326.60	\$422.70

<b>Couple</b>				
18-44	\$78.10	\$110.70	\$150.20	\$201.20
45-54	\$91.00	\$131.50	\$171.10	\$235.30
55-59	\$102.10	\$139.50	\$179.30	\$245.60
60-64	\$108.40	\$151.80	\$182.90	\$251.40
65-69	\$106.80	\$154.30	\$177.00	\$243.00
70-79	\$119.40	\$181.50	\$202.50	\$272.30
80-89	\$137.20	\$225.30	\$248.40	\$337.10
90+	\$178.70	\$303.30	\$317.20	\$412.50

<b>Child (1 or 2 children)</b>				
0-20	\$26.60	\$36.10	\$72.10	\$108.90

<b>Child (3 or more children)</b>				
0-20	\$24.00	\$32.50	\$64.60	\$97.90

### Travel Add-On\*

Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$4.90	\$8.10	\$4.70	\$7.70
45-54	\$6.70	\$10.90	\$6.40	\$10.40
55-59	\$10.10	\$16.60	\$9.60	\$15.80
60-64	\$13.10	\$21.40	\$12.40	\$20.30
65-69	\$16.80	\$26.50	\$16.00	\$25.20
70-79	\$24.80	\$39.30	\$23.60	\$37.30

<b>Children</b>				
0-20	15-day	\$4.90	30-day	\$8.10



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## 2025 Premium Rates – New Brunswick

### FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
<b>Individual</b>				
18-44	\$95.10	\$132.70	\$175.00	\$234.00
45-54	\$111.00	\$157.90	\$201.20	\$271.70
55-59	\$123.00	\$166.50	\$209.20	\$282.10
60-64	\$130.40	\$181.40	\$213.70	\$289.30
65-69	\$130.20	\$184.70	\$208.10	\$280.50
70-79	\$144.50	\$215.40	\$236.70	\$313.60
80-89	\$163.20	\$262.60	\$286.60	\$384.10
90+	\$221.80	\$366.20	\$380.30	\$488.20
<b>Couple</b>				
18-44	\$86.60	\$123.50	\$165.60	\$222.30
45-54	\$102.00	\$148.10	\$190.90	\$260.60
55-59	\$113.80	\$157.00	\$199.00	\$271.40
60-64	\$121.50	\$171.10	\$204.10	\$279.10
65-69	\$121.40	\$175.20	\$199.20	\$270.80
70-79	\$135.60	\$205.70	\$227.50	\$304.30
80-89	\$154.70	\$253.20	\$277.80	\$373.80
90+	\$212.60	\$356.60	\$371.50	\$478.10
<b>Child (1 or 2 children)</b>				
0-20	\$29.60	\$39.80	\$78.00	\$117.90
<b>Child (3 or more children)</b>				
0-20	\$26.60	\$36.10	\$70.40	\$106.40

### Travel Add-On\*

Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$4.90	\$8.10	\$4.70	\$7.70
45-54	\$6.70	\$10.90	\$6.40	\$10.40
55-59	\$10.10	\$16.60	\$9.60	\$15.80
60-64	\$13.10	\$21.40	\$12.40	\$20.30
65-69	\$16.80	\$26.50	\$16.00	\$25.20
70-79	\$24.80	\$39.30	\$23.60	\$37.30
<b>Children</b>				
0-20	15-day	\$4.90	30-day	\$8.10



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## 2025 Premium Rates – Newfoundland and Labrador

### FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
<b>Individual</b>				
18-44	\$89.00	\$124.10	\$165.40	\$218.90
45-54	\$103.40	\$147.10	\$189.20	\$254.10
55-59	\$114.70	\$154.60	\$195.90	\$263.70
60-64	\$121.00	\$167.10	\$199.50	\$269.50
65-69	\$119.00	\$169.00	\$192.40	\$258.40
70-79	\$132.80	\$197.60	\$219.70	\$289.90
80-89	\$152.00	\$244.10	\$268.50	\$357.60
90+	\$205.50	\$339.90	\$355.60	\$452.00

<b>Couple</b>				
18-44	\$80.30	\$114.60	\$155.70	\$207.50
45-54	\$94.30	\$136.70	\$178.80	\$243.40
55-59	\$105.30	\$144.90	\$186.60	\$253.10
60-64	\$111.70	\$157.60	\$190.10	\$259.40
65-69	\$110.30	\$159.30	\$183.30	\$249.00
70-79	\$124.00	\$188.30	\$210.50	\$280.20
80-89	\$143.10	\$234.50	\$259.40	\$347.30
90+	\$196.40	\$330.60	\$345.80	\$442.00

<b>Child (1 or 2 children)</b>				
0-20	\$26.30	\$36.20	\$72.90	\$110.30

<b>Child (3 or more children)</b>				
0-20	\$23.90	\$32.60	\$65.60	\$99.20

### Travel Add-On\*

Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$4.90	\$8.10	\$4.70	\$7.70
45-54	\$6.70	\$10.90	\$6.40	\$10.40
55-59	\$10.10	\$16.60	\$9.60	\$15.80
60-64	\$13.10	\$21.40	\$12.40	\$20.30
65-69	\$16.80	\$26.50	\$16.00	\$25.20
70-79	\$24.80	\$39.30	\$23.60	\$37.30

<b>Children</b>				
0-20	15-day	\$4.90	30-day	\$8.10



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## 2025 Premium Rates – Nova Scotia

### FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
<b>Individual</b>				
18-44	\$92.20	\$128.40	\$168.20	\$222.70
45-54	\$106.70	\$151.70	\$192.20	\$258.30
55-59	\$118.40	\$160.20	\$199.20	\$268.00
60-64	\$125.50	\$174.20	\$204.10	\$274.80
65-69	\$94.70	\$137.70	\$160.10	\$213.00
70-79	\$107.10	\$164.80	\$184.80	\$239.80
80-89	\$124.60	\$207.50	\$228.80	\$300.30
90+	\$177.80	\$299.30	\$311.90	\$385.80

<b>Couple</b>				
18-44	\$83.20	\$118.70	\$158.10	\$211.70
45-54	\$98.00	\$141.80	\$181.40	\$247.50
55-59	\$109.20	\$150.40	\$189.60	\$257.60
60-64	\$116.40	\$164.50	\$194.30	\$264.50
65-69	\$85.90	\$128.60	\$151.00	\$204.00
70-79	\$98.60	\$155.50	\$175.30	\$230.20
80-89	\$115.90	\$198.10	\$219.80	\$290.20
90+	\$168.70	\$290.10	\$302.40	\$376.00

<b>Child (1 or 2 children)</b>				
0-20	\$28.20	\$38.30	\$74.00	\$111.00

<b>Child (3 or more children)</b>				
0-20	\$25.30	\$34.20	\$66.90	\$99.70

### Travel Add-On\*

Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$4.90	\$8.10	\$4.70	\$7.70
45-54	\$6.70	\$10.90	\$6.40	\$10.40
55-59	\$10.10	\$16.60	\$9.60	\$15.80
60-64	\$13.10	\$21.40	\$12.40	\$20.30
65-69	\$16.80	\$26.50	\$16.00	\$25.20
70-79	\$24.80	\$39.30	\$23.60	\$37.30

<b>Children</b>				
0-20	15-day	\$4.90	30-day	\$8.10



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## 2025 Premium Rates – Ontario

### FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
<b>Individual</b>				
18-44	\$94.10	\$135.60	\$181.20	\$244.10
45-54	\$106.90	\$153.30	\$198.80	\$272.70
55-59	\$118.70	\$156.60	\$200.20	\$274.80
60-64	\$127.40	\$173.00	\$206.90	\$284.50
65-69	\$105.70	\$144.90	\$170.30	\$231.70
70-79	\$126.70	\$179.50	\$200.80	\$264.20
80-89	\$163.50	\$288.80	\$315.00	\$412.40
90+	\$204.90	\$369.30	\$385.20	\$483.40

<b>Couple</b>				
18-44	\$85.20	\$126.10	\$171.30	\$232.70
45-54	\$98.20	\$143.70	\$188.50	\$262.60
55-59	\$109.70	\$147.50	\$190.50	\$265.00
60-64	\$118.20	\$163.40	\$197.70	\$274.80
65-69	\$96.80	\$136.30	\$161.60	\$222.60
70-79	\$118.20	\$171.10	\$192.80	\$255.60
80-89	\$155.20	\$279.40	\$305.60	\$402.60
90+	\$195.90	\$359.90	\$375.50	\$473.20

<b>Child (1 or 2 children)</b>				
0-20	\$28.50	\$38.40	\$80.20	\$123.50

<b>Child (3 or more children)</b>				
0-20	\$25.40	\$34.70	\$72.20	\$111.20

### Travel Add-On\*

Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$4.90	\$8.10	\$4.70	\$7.70
45-54	\$6.70	\$10.90	\$6.40	\$10.40
55-59	\$10.10	\$16.60	\$9.60	\$15.80
60-64	\$13.10	\$21.40	\$12.40	\$20.30
65-69	\$16.80	\$26.50	\$16.00	\$25.20
70-79	\$24.80	\$39.30	\$23.60	\$37.30

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0-20	15-day	\$4.90	30-day	\$8.10



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



**Vision care** – routine eye exams, as well as glasses, contact lenses and even laser eye surgery



**Registered Specialists and Therapists** – services provided by a massage therapist, chiropractor, physiotherapist, podiatrist, psychologist and other health care professionals



**Hospital care** – semi-private room or private room<sup>5</sup>



**TELUS Health Virtual Care<sup>6</sup>** – 24/7 access to health care practitioners online, through the mobile app

## 2025 Premium Rates – Prince Edward Island

### FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
<b>Individual</b>				
18-44	\$93.10	\$129.60	\$172.40	\$229.40
45-54	\$108.20	\$153.90	\$197.50	\$266.70
55-59	\$120.00	\$162.00	\$204.90	\$276.60
60-64	\$126.60	\$175.90	\$209.40	\$283.10
65-69	\$111.80	\$161.00	\$185.20	\$248.20
70-79	\$125.70	\$190.10	\$211.20	\$277.90
80-89	\$143.70	\$234.90	\$258.60	\$342.70
90+	\$199.60	\$332.60	\$346.60	\$436.90
<b>Couple</b>				
18-44	\$84.40	\$120.20	\$162.60	\$218.00
45-54	\$98.90	\$143.90	\$187.00	\$255.60
55-59	\$110.50	\$152.40	\$195.00	\$266.40
60-64	\$117.80	\$166.10	\$199.50	\$273.20
65-69	\$103.40	\$151.60	\$175.90	\$239.10
70-79	\$116.90	\$180.50	\$202.40	\$268.00
80-89	\$135.20	\$225.60	\$249.30	\$332.70
90+	\$190.60	\$323.20	\$337.20	\$426.60
<b>Child (1 or 2 children)</b>				
0-20	\$28.50	\$38.50	\$77.10	\$116.70
<b>Child (3 or more children)</b>				
0-20	\$25.80	\$34.80	\$69.60	\$104.60

### Travel Add-On\*

Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$4.90	\$8.10	\$4.70	\$7.70
45-54	\$6.70	\$10.90	\$6.40	\$10.40
55-59	\$10.10	\$16.60	\$9.60	\$15.80
60-64	\$13.10	\$21.40	\$12.40	\$20.30
65-69	\$16.80	\$26.50	\$16.00	\$25.20
70-79	\$24.80	\$39.30	\$23.60	\$37.30
<b>Children</b>				
0-20	15-day	\$4.90	30-day	\$8.10



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

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

All premium rates are quoted on a per month per person basis. Premiums for couples and children are per individual. Premiums are based on individual's age at time of application and will change in accordance with published age groups as the individual's age increases. Premiums effective January 1, 2025; subject to change without notice.

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

<sup>5</sup> Only available under the FollowMe Premiere Plan.

<sup>6</sup> Manulife cannot guarantee the availability of this benefit indefinitely.





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

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



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



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## 2025 Premium Rates – Saskatchewan

### FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
<b>Individual</b>				
18-44	\$85.20	\$117.80	\$153.50	\$204.70
45-54	\$97.90	\$137.70	\$173.90	\$235.30
55-59	\$109.00	\$146.20	\$181.30	\$244.80
60-64	\$114.70	\$157.90	\$184.40	\$250.60
65-69	\$97.30	\$129.10	\$158.10	\$195.10
70-79	\$108.60	\$152.40	\$181.60	\$220.90
80-89	\$132.90	\$203.20	\$226.50	\$277.10
90+	\$165.30	\$293.90	\$304.80	\$312.00

<b>Couple</b>				
18-44	\$76.40	\$108.60	\$143.60	\$193.60
45-54	\$88.60	\$128.20	\$163.80	\$224.40
55-59	\$99.60	\$136.40	\$171.20	\$234.70
60-64	\$105.60	\$148.40	\$175.90	\$240.60
65-69	\$89.70	\$122.00	\$150.50	\$187.90
70-79	\$101.00	\$144.90	\$174.10	\$213.20
80-89	\$125.40	\$195.40	\$218.50	\$269.20
90+	\$157.60	\$285.00	\$295.80	\$304.30

<b>Child (1 or 2 children)</b>				
0-20	\$25.90	\$34.90	\$67.30	\$101.80

<b>Child (3 or more children)</b>				
0-20	\$23.20	\$31.40	\$60.50	\$91.50

### Travel Add-On\*

Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$4.90	\$8.10	\$4.70	\$7.70
45-54	\$6.70	\$10.90	\$6.40	\$10.40
55-59	\$10.10	\$16.60	\$9.60	\$15.80
60-64	\$13.10	\$21.40	\$12.40	\$20.30
65-69	\$16.80	\$26.50	\$16.00	\$25.20
70-79	\$24.80	\$39.30	\$23.60	\$37.30

<b>Children</b>				
0-20	15-day	\$4.90	30-day	\$8.10



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**Hospital care** – semi-private room or private room<sup>5</sup>



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## 2025 Premium Rates – Territories

### FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
<b>Individual</b>				
18-44	\$111.10	\$159.70	\$217.40	\$292.70
45-54	\$128.70	\$187.40	\$247.00	\$339.30
55-59	\$143.10	\$197.60	\$256.40	\$352.30
60-64	\$153.70	\$218.60	\$264.90	\$364.50
65-69	\$154.50	\$225.30	\$259.90	\$355.30
70-79	\$179.00	\$276.80	\$308.80	\$411.90
80-89	\$216.50	\$364.70	\$400.50	\$533.80
90+	\$281.50	\$484.70	\$507.50	\$650.70

<b>Couple</b>				
18-44	\$102.30	\$149.90	\$207.80	\$281.90
45-54	\$120.00	\$177.40	\$236.90	\$328.70
55-59	\$133.90	\$187.80	\$246.70	\$342.30
60-64	\$144.70	\$208.70	\$255.30	\$354.50
65-69	\$145.80	\$215.60	\$250.80	\$346.20
70-79	\$170.20	\$267.70	\$299.30	\$402.40
80-89	\$207.90	\$355.90	\$390.90	\$523.90
90+	\$272.90	\$475.50	\$498.10	\$640.50

<b>Child (1 or 2 children)</b>				
0-20	\$35.50	\$47.50	\$99.60	\$153.70

<b>Child (3 or more children)</b>				
0-20	\$31.80	\$42.70	\$89.70	\$138.00

### Travel Add-On\*

Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$4.90	\$8.10	\$4.70	\$7.70
45-54	\$6.70	\$10.90	\$6.40	\$10.40
55-59	\$10.10	\$16.60	\$9.60	\$15.80
60-64	\$13.10	\$21.40	\$12.40	\$20.30
65-69	\$16.80	\$26.50	\$16.00	\$25.20
70-79	\$24.80	\$39.30	\$23.60	\$37.30

<b>Children</b>				
0-20	15-day	\$4.90	30-day	\$8.10



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