

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,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 – 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 room⁵



TELUS Health Virtual Care⁶ – 24/7 access to health care practitioners online, through the mobile app

2026 Premium Rates – Alberta

FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$90.80	\$123.20	\$167.80	\$226.30
45-54	\$105.20	\$143.40	\$188.20	\$259.10
55-59	\$117.10	\$152.70	\$196.70	\$270.70
60-64	\$123.40	\$164.10	\$198.30	\$274.50
65-69	\$92.00	\$128.80	\$152.00	\$220.50
70-79	\$99.90	\$143.20	\$164.40	\$227.40
80-89	\$104.00	\$163.40	\$184.90	\$254.00
90+	\$134.10	\$219.90	\$232.60	\$299.90
Couple				
18-44	\$81.60	\$113.60	\$157.60	\$214.90
45-54	\$95.70	\$133.30	\$178.00	\$247.90
55-59	\$107.70	\$142.60	\$186.20	\$260.00
60-64	\$114.10	\$154.30	\$188.40	\$264.10
65-69	\$83.70	\$119.90	\$143.60	\$210.70
70-79	\$91.30	\$134.70	\$156.30	\$218.10
80-89	\$96.10	\$154.50	\$176.80	\$245.10
90+	\$126.50	\$211.40	\$224.30	\$290.60
Child (1 or 2 children)				
0-20	\$28.80	\$38.80	\$79.20	\$122.00
Child (3 or more children)				
0-20	\$26.30	\$34.70	\$71.30	\$109.30

Travel Add-On*

Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$5.10	\$8.50	\$4.80	\$8.10
45-54	\$7.00	\$11.40	\$6.70	\$10.80
55-59	\$10.60	\$17.30	\$10.10	\$16.40
60-64	\$13.70	\$22.40	\$13.00	\$21.30
65-69	\$17.60	\$27.70	\$16.70	\$26.30
70-79	\$25.90	\$41.10	\$24.60	\$39.00
Children				
0-20	15-day	\$5.10	30-day	\$8.50



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, 2026; subject to change without notice.

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 Only available under the FollowMe Premiere Plan.

⁶ 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,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 – 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 room⁵



TELUS Health Virtual Care⁶ – 24/7 access to health care practitioners online, through the mobile app


2026 Premium Rates – British Columbia

FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$92.60	\$128.60	\$172.00	\$227.60
45-54	\$106.90	\$148.60	\$191.10	\$257.90
55-59	\$118.90	\$156.60	\$199.00	\$268.30
60-64	\$122.50	\$169.90	\$203.00	\$274.50
65-69	\$95.80	\$135.10	\$158.60	\$211.80
70-79	\$108.00	\$161.30	\$182.20	\$238.20
80-89	\$111.60	\$186.10	\$206.20	\$271.00
90+	\$153.90	\$260.50	\$272.20	\$338.70
Couple				
18-44	\$83.60	\$118.60	\$161.70	\$215.80
45-54	\$97.80	\$138.30	\$180.80	\$247.10
55-59	\$109.40	\$147.00	\$189.20	\$257.50
60-64	\$113.30	\$160.10	\$193.10	\$263.80
65-69	\$86.90	\$125.60	\$149.50	\$202.80
70-79	\$99.50	\$152.00	\$173.60	\$228.60
80-89	\$103.90	\$177.50	\$197.80	\$262.70
90+	\$145.70	\$251.80	\$263.70	\$329.50
Child (1 or 2 children)				
0-20	\$27.50	\$37.70	\$76.30	\$114.70
Child (3 or more children)				
0-20	\$25.00	\$34.10	\$68.70	\$103.50

Travel Add-On*

Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$5.10	\$8.50	\$4.80	\$8.10
45-54	\$7.00	\$11.40	\$6.70	\$10.80
55-59	\$10.60	\$17.30	\$10.10	\$16.40
60-64	\$13.70	\$22.40	\$13.00	\$21.30
65-69	\$17.60	\$27.70	\$16.70	\$26.30
70-79	\$25.90	\$41.10	\$24.60	\$39.00
Children				
0-20	15-day	\$5.10	30-day	\$8.50

Vitality  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, 2026; subject to change without notice.

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 Only available under the FollowMe Premiere Plan.

⁶ 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,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 – 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 room⁵



TELUS Health Virtual Care⁶ – 24/7 access to health care practitioners online, through the mobile app

2026 Premium Rates – Manitoba

FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$90.80	\$125.50	\$167.00	\$222.20
45-54	\$104.60	\$147.60	\$189.40	\$257.10
55-59	\$116.40	\$156.50	\$197.70	\$267.80
60-64	\$122.60	\$168.90	\$201.20	\$273.40
65-69	\$104.10	\$147.60	\$189.80	\$257.20
70-79	\$115.60	\$171.90	\$190.20	\$253.70
80-89	\$131.60	\$211.10	\$232.00	\$312.30
90+	\$168.80	\$281.50	\$293.90	\$380.40
Couple				
18-44	\$81.60	\$115.70	\$157.00	\$210.30
45-54	\$95.10	\$137.40	\$178.80	\$245.90
55-59	\$106.70	\$145.80	\$187.40	\$256.70
60-64	\$113.30	\$158.60	\$191.10	\$262.70
65-69	\$96.10	\$138.90	\$180.50	\$247.90
70-79	\$107.50	\$163.40	\$182.30	\$245.10
80-89	\$123.50	\$202.80	\$223.60	\$303.40
90+	\$160.80	\$273.00	\$285.50	\$371.30
Child (1 or 2 children)				
0-20	\$27.80	\$37.70	\$75.30	\$113.80
Child (3 or more children)				
0-20	\$25.10	\$34.00	\$67.50	\$102.30

Travel Add-On*

Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$5.10	\$8.50	\$4.80	\$8.10
45-54	\$7.00	\$11.40	\$6.70	\$10.80
55-59	\$10.60	\$17.30	\$10.10	\$16.40
60-64	\$13.70	\$22.40	\$13.00	\$21.30
65-69	\$17.60	\$27.70	\$16.70	\$26.30
70-79	\$25.90	\$41.10	\$24.60	\$39.00
Children				
0-20	15-day	\$5.10	30-day	\$8.50



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, 2026; subject to change without notice.

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 Only available under the FollowMe Premiere Plan.

⁶ 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,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 – 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 room⁵



TELUS Health Virtual Care⁶ – 24/7 access to health care practitioners online, through the mobile app


2026 Premium Rates – New Brunswick

FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$99.40	\$138.70	\$182.90	\$244.50
45-54	\$116.00	\$165.00	\$210.30	\$283.90
55-59	\$128.50	\$174.00	\$218.60	\$294.80
60-64	\$136.30	\$189.60	\$223.30	\$302.30
65-69	\$117.20	\$166.20	\$187.30	\$286.10
70-79	\$130.10	\$193.90	\$213.00	\$282.20
80-89	\$146.90	\$236.30	\$257.90	\$345.70
90+	\$199.60	\$329.60	\$342.30	\$439.40
Couple				
18-44	\$90.50	\$129.10	\$173.10	\$232.30
45-54	\$106.60	\$154.80	\$199.50	\$272.30
55-59	\$118.90	\$164.10	\$208.00	\$283.60
60-64	\$127.00	\$178.80	\$213.30	\$291.70
65-69	\$109.30	\$157.70	\$179.30	\$276.20
70-79	\$122.00	\$185.10	\$204.80	\$273.90
80-89	\$139.20	\$227.90	\$250.00	\$336.40
90+	\$191.30	\$320.90	\$334.40	\$430.30
Child (1 or 2 children)				
0-20	\$30.90	\$41.60	\$81.50	\$123.20
Child (3 or more children)				
0-20	\$27.80	\$37.70	\$73.60	\$111.20

Travel Add-On*

Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$5.10	\$8.50	\$4.80	\$8.10
45-54	\$7.00	\$11.40	\$6.70	\$10.80
55-59	\$10.60	\$17.30	\$10.10	\$16.40
60-64	\$13.70	\$22.40	\$13.00	\$21.30
65-69	\$17.60	\$27.70	\$16.70	\$26.30
70-79	\$25.90	\$41.10	\$24.60	\$39.00
Children				
0-20	15-day	\$5.10	30-day	\$8.50

Vitality  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, 2026; subject to change without notice.

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 Only available under the FollowMe Premiere Plan.

⁶ 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,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 – 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 room⁵



TELUS Health Virtual Care⁶ – 24/7 access to health care practitioners online, through the mobile app

2026 Premium Rates – Newfoundland and Labrador

FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$93.00	\$129.70	\$172.80	\$228.80
45-54	\$108.10	\$153.70	\$197.70	\$265.50
55-59	\$119.90	\$161.60	\$204.70	\$275.60
60-64	\$126.40	\$174.60	\$208.50	\$281.60
65-69	\$107.10	\$152.10	\$182.80	\$270.00
70-79	\$119.50	\$177.80	\$197.70	\$275.40
80-89	\$136.80	\$219.70	\$241.70	\$321.80
90+	\$185.00	\$305.90	\$320.00	\$406.80
Couple				
18-44	\$83.90	\$119.80	\$162.70	\$216.80
45-54	\$98.50	\$142.90	\$186.80	\$254.40
55-59	\$110.00	\$151.40	\$195.00	\$264.50
60-64	\$116.70	\$164.70	\$198.70	\$271.10
65-69	\$99.30	\$143.40	\$174.10	\$260.20
70-79	\$111.60	\$169.50	\$189.50	\$266.20
80-89	\$128.80	\$211.10	\$233.50	\$312.60
90+	\$176.80	\$297.50	\$311.20	\$397.80
Child (1 or 2 children)				
0-20	\$27.50	\$37.80	\$76.20	\$115.30
Child (3 or more children)				
0-20	\$25.00	\$34.10	\$68.60	\$103.70

Travel Add-On*

Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$5.10	\$8.50	\$4.80	\$8.10
45-54	\$7.00	\$11.40	\$6.70	\$10.80
55-59	\$10.60	\$17.30	\$10.10	\$16.40
60-64	\$13.70	\$22.40	\$13.00	\$21.30
65-69	\$17.60	\$27.70	\$16.70	\$26.30
70-79	\$25.90	\$41.10	\$24.60	\$39.00
Children				
0-20	15-day	\$5.10	30-day	\$8.50

Vitality  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, 2026; subject to change without notice.

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 Only available under the FollowMe Premiere Plan.

⁶ 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,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 – 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 room⁵



TELUS Health Virtual Care⁶ – 24/7 access to health care practitioners online, through the mobile app

2026 Premium Rates – Nova Scotia

FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$96.30	\$134.20	\$175.80	\$232.70
45-54	\$111.50	\$158.50	\$200.80	\$269.90
55-59	\$123.70	\$167.40	\$208.20	\$280.10
60-64	\$131.10	\$182.00	\$213.30	\$287.20
65-69	\$99.00	\$143.90	\$167.30	\$222.60
70-79	\$111.90	\$168.10	\$193.10	\$250.60
80-89	\$112.10	\$186.80	\$205.90	\$270.30
90+	\$160.00	\$269.40	\$280.70	\$347.20
Couple				
18-44	\$86.90	\$124.00	\$165.20	\$221.20
45-54	\$102.40	\$148.20	\$189.60	\$258.60
55-59	\$114.10	\$157.20	\$198.10	\$269.20
60-64	\$121.60	\$171.90	\$203.00	\$276.40
65-69	\$89.80	\$134.40	\$157.80	\$213.20
70-79	\$103.00	\$158.60	\$183.20	\$240.60
80-89	\$104.30	\$178.30	\$197.80	\$261.20
90+	\$151.80	\$261.10	\$272.20	\$338.40
Child (1 or 2 children)				
0-20	\$29.50	\$40.00	\$77.30	\$116.00
Child (3 or more children)				
0-20	\$26.40	\$35.70	\$69.90	\$104.20

Travel Add-On*

Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$5.10	\$8.50	\$4.80	\$8.10
45-54	\$7.00	\$11.40	\$6.70	\$10.80
55-59	\$10.60	\$17.30	\$10.10	\$16.40
60-64	\$13.70	\$22.40	\$13.00	\$21.30
65-69	\$17.60	\$27.70	\$16.70	\$26.30
70-79	\$25.90	\$41.10	\$24.60	\$39.00
Children				
0-20	15-day	\$5.10	30-day	\$8.50



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, 2026; subject to change without notice.

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 Only available under the FollowMe Premiere Plan.

⁶ 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,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 – 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 room⁵



TELUS Health Virtual Care⁶ – 24/7 access to health care practitioners online, through the mobile app

2026 Premium Rates – Ontario

FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$98.30	\$141.70	\$189.40	\$255.10
45-54	\$111.70	\$160.20	\$207.70	\$285.00
55-59	\$124.00	\$163.60	\$209.20	\$287.20
60-64	\$133.10	\$180.80	\$216.20	\$297.30
65-69	\$107.80	\$151.40	\$178.00	\$242.10
70-79	\$129.20	\$187.60	\$209.80	\$276.10
80-89	\$147.20	\$259.90	\$283.50	\$371.20
90+	\$184.40	\$332.40	\$346.70	\$435.10
Couple				
18-44	\$89.00	\$131.80	\$179.00	\$243.20
45-54	\$102.60	\$150.20	\$197.00	\$274.40
55-59	\$114.60	\$154.10	\$199.10	\$276.90
60-64	\$123.50	\$170.80	\$206.60	\$287.20
65-69	\$98.70	\$142.40	\$168.90	\$232.60
70-79	\$120.60	\$178.80	\$201.50	\$267.10
80-89	\$139.70	\$251.50	\$275.00	\$362.30
90+	\$176.30	\$323.90	\$338.00	\$425.90
Child (1 or 2 children)				
0-20	\$29.80	\$40.10	\$83.80	\$129.10
Child (3 or more children)				
0-20	\$26.50	\$36.30	\$75.40	\$116.20

Travel Add-On*

Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$5.10	\$8.50	\$4.80	\$8.10
45-54	\$7.00	\$11.40	\$6.70	\$10.80
55-59	\$10.60	\$17.30	\$10.10	\$16.40
60-64	\$13.70	\$22.40	\$13.00	\$21.30
65-69	\$17.60	\$27.70	\$16.70	\$26.30
70-79	\$25.90	\$41.10	\$24.60	\$39.00
Children				
0-20	15-day	\$5.10	30-day	\$8.50



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, 2026; subject to change without notice.

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 Only available under the FollowMe Premiere Plan.

⁶ 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,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 – 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 room⁵



TELUS Health Virtual Care⁶ – 24/7 access to health care practitioners online, through the mobile app

2026 Premium Rates – Prince Edward Island

FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$97.30	\$135.40	\$180.20	\$239.70
45-54	\$113.10	\$160.80	\$206.40	\$278.70
55-59	\$125.40	\$169.30	\$214.10	\$289.00
60-64	\$132.30	\$183.80	\$218.80	\$295.80
65-69	\$106.20	\$164.20	\$188.90	\$253.20
70-79	\$119.40	\$171.10	\$215.40	\$283.50
80-89	\$129.30	\$211.40	\$232.70	\$308.40
90+	\$179.60	\$299.30	\$311.90	\$393.20
Couple				
18-44	\$88.20	\$125.60	\$169.90	\$227.80
45-54	\$103.40	\$150.40	\$195.40	\$267.10
55-59	\$115.50	\$159.30	\$203.80	\$278.40
60-64	\$123.10	\$173.60	\$208.50	\$285.50
65-69	\$98.20	\$154.60	\$179.40	\$243.90
70-79	\$111.10	\$162.50	\$206.40	\$273.40
80-89	\$121.70	\$203.00	\$224.40	\$299.40
90+	\$171.50	\$290.90	\$303.50	\$383.90
Child (1 or 2 children)				
0-20	\$29.80	\$40.20	\$80.60	\$122.00
Child (3 or more children)				
0-20	\$27.00	\$36.40	\$72.70	\$109.30

Travel Add-On*

Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$5.10	\$8.50	\$4.80	\$8.10
45-54	\$7.00	\$11.40	\$6.70	\$10.80
55-59	\$10.60	\$17.30	\$10.10	\$16.40
60-64	\$13.70	\$22.40	\$13.00	\$21.30
65-69	\$17.60	\$27.70	\$16.70	\$26.30
70-79	\$25.90	\$41.10	\$24.60	\$39.00
Children				
0-20	15-day	\$5.10	30-day	\$8.50



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, 2026; subject to change without notice.

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 Only available under the FollowMe Premiere Plan.


⁶ 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,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** – 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 room⁵

 **TELUS Health Virtual Care⁶** – 24/7 access to health care practitioners online, through the mobile app


2026 Premium Rates – Saskatchewan

FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$89.00	\$123.10	\$160.40	\$213.90
45-54	\$102.30	\$143.90	\$181.70	\$245.90
55-59	\$113.90	\$152.80	\$189.50	\$255.80
60-64	\$119.90	\$165.00	\$192.70	\$261.90
65-69	\$87.60	\$134.90	\$165.20	\$203.90
70-79	\$97.70	\$144.80	\$163.40	\$230.80
80-89	\$119.60	\$182.90	\$203.90	\$249.40
90+	\$148.80	\$264.50	\$274.30	\$280.80
Couple				
18-44	\$79.80	\$113.50	\$150.10	\$202.30
45-54	\$92.60	\$134.00	\$171.20	\$234.50
55-59	\$104.10	\$142.50	\$178.90	\$245.30
60-64	\$110.40	\$155.10	\$183.80	\$251.40
65-69	\$80.70	\$127.50	\$157.30	\$196.40
70-79	\$90.90	\$137.70	\$156.70	\$222.80
80-89	\$112.90	\$175.90	\$196.70	\$242.30
90+	\$141.80	\$256.50	\$266.20	\$273.90
Child (1 or 2 children)				
0-20	\$27.10	\$36.50	\$70.30	\$106.40
Child (3 or more children)				
0-20	\$24.20	\$32.80	\$63.20	\$95.60

Travel Add-On*

Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$5.10	\$8.50	\$4.80	\$8.10
45-54	\$7.00	\$11.40	\$6.70	\$10.80
55-59	\$10.60	\$17.30	\$10.10	\$16.40
60-64	\$13.70	\$22.40	\$13.00	\$21.30
65-69	\$17.60	\$27.70	\$16.70	\$26.30
70-79	\$25.90	\$41.10	\$24.60	\$39.00
Children				
0-20	15-day	\$5.10	30-day	\$8.50

  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, 2026; subject to change without notice.

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 Only available under the FollowMe Premiere Plan.

⁶ 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,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 – 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 room⁵



TELUS Health Virtual Care⁶ – 24/7 access to health care practitioners online, through the mobile app

2026 Premium Rates – Territories

FollowMe™ Health Individual Insurance Plans

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$113.30	\$162.90	\$221.70	\$298.60
45-54	\$131.30	\$191.10	\$251.90	\$346.10
55-59	\$128.80	\$201.60	\$261.50	\$317.10
60-64	\$138.30	\$223.00	\$270.20	\$328.10
65-69	\$139.10	\$229.80	\$233.90	\$319.80
70-79	\$161.10	\$282.30	\$277.90	\$370.70
80-89	\$194.90	\$328.20	\$360.50	\$480.40
90+	\$253.40	\$436.20	\$456.80	\$585.60
Couple				
18-44	\$104.30	\$152.90	\$212.00	\$287.50
45-54	\$122.40	\$180.90	\$241.60	\$335.30
55-59	\$120.50	\$191.60	\$251.60	\$308.10
60-64	\$130.20	\$212.90	\$260.40	\$319.10
65-69	\$131.20	\$219.90	\$225.70	\$311.60
70-79	\$153.20	\$273.10	\$269.40	\$362.20
80-89	\$187.10	\$320.30	\$351.80	\$471.50
90+	\$245.60	\$428.00	\$448.30	\$576.50
Child (1 or 2 children)				
0-20	\$36.20	\$48.50	\$101.60	\$156.80
Child (3 or more children)				
0-20	\$32.40	\$43.60	\$91.50	\$140.80

Travel Add-On*

Age group	Individual		Couple	
	15-day	30-day	15-day	30-day
18-44	\$5.10	\$8.50	\$4.80	\$8.10
45-54	\$7.00	\$11.40	\$6.70	\$10.80
55-59	\$10.60	\$17.30	\$10.10	\$16.40
60-64	\$13.70	\$22.40	\$13.00	\$21.30
65-69	\$17.60	\$27.70	\$16.70	\$26.30
70-79	\$25.90	\$41.10	\$24.60	\$39.00
Children				
0-20	15-day	\$5.10	30-day	\$8.50



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, 2026; subject to change without notice.

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 Only available under the FollowMe Premiere Plan.

⁶ Manulife cannot guarantee the availability of this benefit indefinitely.

