

**EFFECTIVE AS OF SEPTEMBER 1, 2025**

# Continuum Monthly Premium Rates

To determine your monthly premium rate, simply look up the age band that represents your age as of September 1, 2025. Premium rates effective from September 1, 2025, to August 31, 2026. The premiums are reviewed annually and are subject to change.

## British Columbia

### 1. The Health Plan

Health + Vision + Emergency Travel Assistance

Age	Single	Couple	Family
Under 35	\$171.58	\$309.01	\$440.68
35-44	\$189.64	\$342.01	\$486.68
45-54	\$245.87	\$442.98	\$606.63
55-64	\$304.87	\$548.55	\$734.97

### 2. The Health and Dental Plan

Health + Vision + Emergency Travel Assistance + Dental

Age	Single	Couple	Family
Under 35	\$203.87	\$367.22	\$523.62
35-44	\$221.93	\$400.22	\$569.62
45-54	\$282.91	\$509.83	\$698.11
55-64	\$345.26	\$621.45	\$832.49

## Manitoba and Saskatchewan

### 1. The Health Plan

Health + Vision + Emergency Travel Assistance

Age	Single	Couple	Family
Under 35	\$160.08	\$288.65	\$416.42
35-44	\$182.51	\$327.64	\$473.23
45-54	\$240.12	\$432.29	\$596.85
55-64	\$295.44	\$532.22	\$709.44

### 2. The Health and Dental Plan

Health + Vision + Emergency Travel Assistance + Dental

Age	Single	Couple	Family
Under 35	\$187.40	\$337.79	\$487.38
35-44	\$209.83	\$376.78	\$544.19
45-54	\$272.09	\$489.64	\$676.01
55-64	\$331.73	\$597.56	\$796.70

## Ontario

### 1. The Health Plan

Health + Vision + Emergency Travel Assistance

Age	Single	Couple	Family
Under 35	\$212.41	\$382.03	\$566.15
35-44	\$221.72	\$399.40	\$591.56
45-54	\$286.70	\$516.70	\$734.05
55-64	\$475.99	\$856.41	\$1,141.84

### 2. The Health and Dental Plan

Health + Vision + Emergency Travel Assistance + Dental

Age	Single	Couple	Family
Under 35	\$249.89	\$449.42	\$666.05
35-44	\$259.20	\$466.79	\$691.46
45-54	\$329.58	\$593.81	\$843.78
55-64	\$530.10	\$953.93	\$1,271.66

## Quebec

### 1. The Health Plan

Health + Vision + Emergency Travel Assistance

Age	Single	Couple	Family
Under 35	\$120.41	\$216.89	\$350.98
35-44	\$130.18	\$234.03	\$378.47
45-54	\$150.19	\$269.91	\$428.26
55-64	\$208.50	\$375.71	\$551.08

### 2. The Health and Dental Plan

Health + Vision + Emergency Travel Assistance + Dental

Age	Single	Couple	Family
Under 35	\$146.33	\$263.44	\$426.26
35-44	\$156.10	\$280.58	\$453.75
45-54	\$177.41	\$318.94	\$506.02
55-64	\$242.63	\$437.16	\$641.37

As a resident of Quebec, you are required to be covered under the Régie de l'assurance maladie du Québec (RAMQ) or an equivalent group plan, which is the first payor for your prescription drugs. Continuum will be second payor to comply with legislation from the RAMQ.

## Other Provinces

### 1. The Health Plan

Health + Vision + Emergency Travel Assistance

Age	Single	Couple	Family
Under 35	\$175.95	\$316.60	\$461.73
35-44	\$197.57	\$355.58	\$519.46
45-54	\$249.21	\$448.27	\$628.25
55-64	\$331.66	\$596.85	\$801.78

### 2. The Health and Dental Plan

Health + Vision + Emergency Travel Assistance + Dental

Age	Single	Couple	Family
Under 35	\$208.67	\$375.57	\$547.81
35-44	\$230.29	\$414.55	\$605.54
45-54	\$286.79	\$515.77	\$722.97
55-64	\$375.72	\$676.01	\$908.05

Securian Canada is the brand name used by Canadian Premier Life Insurance Company and Canadian Premier General Insurance Company to do business in Canada. Policies are underwritten by Canadian Premier Life Insurance Company.



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