

Continuum Monthly Premium Rates

Effective as of September 1, 2021



British Columbia

1. The Health Plan



Health + Vision + Emergency Travel Assistance

Age	Single	Couple	Family
Under 35	\$143.60	\$258.60	\$368.70
35-44	\$158.70	\$286.20	\$407.20
45-54	\$205.70	\$370.70	\$507.60
55-64	\$255.10	\$459.00	\$615.00

2. The Health & Dental Plan



Health + Vision + Emergency Travel Assistance + Dental

Age	Single	Couple	Family
Under 35	\$172.00	\$309.80	\$441.70
35-44	\$187.10	\$337.40	\$480.20
45-54	\$238.30	\$429.50	\$588.10
55-64	\$290.60	\$523.10	\$700.80

Manitoba and Saskatchewan

1. The Health Plan



Health + Vision + Emergency Travel Assistance

Age	Single	Couple	Family
Under 35	\$133.90	\$241.50	\$348.40
35-44	\$152.70	\$274.20	\$396.00
45-54	\$200.90	\$361.70	\$499.40
55-64	\$247.20	\$445.30	\$593.60

2. The Health & Dental Plan



Health + Vision + Emergency Travel Assistance + Dental

Age	Single	Couple	Family
Under 35	\$157.90	\$284.70	\$410.80
35-44	\$176.70	\$317.40	\$458.40
45-54	\$229.00	\$412.10	\$569.00
55-64	\$279.10	\$502.80	\$670.40

Ontario

1. The Health Plan



Health + Vision + Emergency Travel Assistance

Age	Single	Couple	Family
Under 35	\$177.70	\$319.70	\$473.70
35-44	\$185.50	\$334.20	\$495.00
45-54	\$239.90	\$432.40	\$614.20
55-64	\$398.30	\$716.60	\$955.40

2. The Health & Dental Plan



Health + Vision + Emergency Travel Assistance + Dental

Age	Single	Couple	Family
Under 35	\$210.70	\$379.00	\$561.60
35-44	\$218.50	\$393.50	\$582.90
45-54	\$277.60	\$500.20	\$710.70
55-64	\$445.90	\$802.40	\$1,069.60

Quebec

1. The Health Plan

Health + Vision + Emergency Travel Assistance

Age	Single	Couple	Family
Under 35	\$100.80	\$181.50	\$293.70
35-44	\$108.90	\$195.80	\$316.70
45-54	\$125.70	\$225.80	\$358.30
55-64	\$174.40	\$314.40	\$461.10

2. The Health & Dental Plan

Health + Vision + Emergency Travel Assistance + Dental

Age	Single	Couple	Family
Under 35	\$123.60	\$222.40	\$359.90
35-44	\$131.70	\$236.70	\$382.90
45-54	\$149.60	\$268.90	\$426.70
55-64	\$204.40	\$368.50	\$540.50

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	\$147.20	\$264.90	\$386.40
35-44	\$165.30	\$297.50	\$434.60
45-54	\$208.50	\$375.10	\$525.70
55-64	\$277.50	\$499.40	\$670.90

2. The Health & Dental Plan

Health + Vision + Emergency Travel Assistance + Dental

Age	Single	Couple	Family
Under 35	\$176.00	\$316.80	\$462.10
35-44	\$194.10	\$349.40	\$510.30
45-54	\$241.60	\$434.50	\$609.00
55-64	\$316.30	\$569.00	\$764.40

To determine your monthly premium rate, simply look up the age band which represents your age as of September 1, 2021. Premium Rates effective from September 1, 2021 to August 31, 2022. The premiums are reviewed annually and are subject to change.

Sun Life Assurance Company of Canada is the insurer of this product and a member of the Sun Life Financial group of companies.

SM-9023-E (ASEQ AR)