

Healthcare Plan

Benefit	Current Coverage	Effective May 1, 2026
Prescription Drugs*	80% to a maximum benefit of \$650 per family, per calendar year	80% to a maximum benefit of \$20,000 per family, per calendar year
Paramedical Practitioners	80% to a maximum of \$450 per person, per paramedical practitioner, per calendar year	80% to a combined maximum of \$1,350 per person for all paramedical practitioners, per calendar year
Vision – Eye Exams	One exam every 24 months for adults and every 12 months for dependants up to age 21; limit is combined with vision care	One exam every 24 months for both adults and dependants up to age 21; limit is combined with vision care
Vision – Care	Combined maximum of \$150 per adult every 24 months and every 12 months for dependants up to age 21; limit is combined with eye exams	Combined maximum of \$500 per person every 24 months; limit is combined with eye exams

* Your prescription drug plan now has Pharmacare tracking. This means that your drug coverage is integrated with the Manitoba Pharmacare Program, a drug benefit program for Manitobans. Register now with Manitoba Pharmacare to ensure there are no delays on future drug claims.

You can find more information, including how to register, by visiting your [mybluecross®](#) online account on the [Manitoba Blue Cross website](#).

Coverage Type	Current Premium Rates		Effective April 2026			
	Total Monthly	Employee Pays	Employer Pays	Total Monthly	Employee Pays	Employer Pays
Single	\$46.34	\$23.17	\$23.17	\$78.14	\$39.07	\$39.07
Family	\$115.64	\$57.82	\$57.82	\$195.00	\$97.50	\$97.50

■ ENHANCEMENTS AT A GLANCE



Dental Plan

Benefit	Current Coverage	Effective May 1, 2026
Basic and Major Treatment	100% coverage for eligible basic expenses and 50% of eligible major and orthodontic expenses to a maximum of \$1,250 per person, per calendar year	100% coverage for eligible basic expenses and 50% of eligible major and orthodontic expenses to a maximum of \$2,000 per person, per calendar year
Orthodontic Treatment	Lifetime maximum of \$1,250 (Children under age 18)	Lifetime maximum of \$2,000 (Children under age 18)

	Current Premium Rates		Effective April 2026			
Coverage Type	Total Monthly	Employee Pays	Employer Pays	Total Monthly	Employee Pays	Employer Pays
Single	\$44.72	\$22.36	\$22.36	\$48.24	\$24.12	\$24.12
Family	\$130.54	\$65.27	\$65.27	\$140.80	\$70.40	\$70.40



Contact Us
We're here to help!

- **TELEPHONE**
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- **TOLL-FREE OUTSIDE WINNIPEG**
1-888-842-4233
- **WEBSITE & MEMBER PORTAL**
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