



Pension and Benefits Board

To: Retired Members of the Health and Dental Plan

Date: October 2025

Re: 2026 Retiree Health and Dental Plan Premiums

Retiree Health and Dental Premiums for 2026

2026 Health and Dental Premium for Single Coverage: \$2,065

2026 Health and Dental Premium for Family Coverage: \$4,131

Please note: 8% HST is applied to Ontario premiums; 9% QST is applied to Quebec premiums

Monthly Pre-Authorized Deductions:

If you make monthly pre-authorized payments via your pension benefit, the monthly deduction starting January 2026 will be:

	SINGLE	FAMILY
Premium per month	\$172.08	\$344.25
Ontario (includes 8% HST)	\$185.85	\$371.79
Quebec (includes 9% QST)	\$187.57	\$375.23

Quarterly Invoices:

If you receive quarterly invoices from the Finance Department, the Health and Dental billing amount starting January 2026 will be:

	SINGLE	FAMILY
Premium per quarter	\$516.25	\$1,032.75
Ontario (includes 8% HST)	\$557.55	\$1,115.37
Quebec (includes 9% QST)	\$562.71	\$1,125.70

Payment options for members who receive invoices:

Interac E-transfer

This quick-to-use option is available for you to make your payments with ease. To make your health and dental payment using Interac E-transfer, email your payment to ar@presbyterian.ca (accounts receivable). In the message box, please include your name, member ID and invoice number.

Automatic Withdrawal

Remit your payments with the Automatic Withdrawal Program. Through this program, payments can be directly withdrawn from your bank account on the 15th of each month. To register, please complete and submit the **Automatic Withdrawal form**.