



October 8 2019

Dear CNPA Health Care Plan Member

You should read the following information carefully as it outlines information concerning the premium rates that will be applicable as of January 1, 2020.

Despite general health care inflation in Canada, we were able to maintain your current premium rates unchanged for 2020 as a result of strong containment features implemented in past years (please refer the enclosed premium rates sheet). Furthermore, we were able to decrease the per drug deductibles as follow without increasing your premium rates:

Type of drugs	Options A, C1 and D	Option C2	Option C3
- Generic drugs	From \$2.50 to \$2.00	From \$3.75 to \$3.00	From \$6.25 to \$5.00
- Original drugs	From \$2.50 to \$2.00	From \$3.75 to \$3.00	From \$6.25 to \$5.00
- Unique drugs	From \$7.50 to \$6.00	From \$11.25 to \$9.00	From \$18.75 to \$15.00

As communicated last year, a Chronic Disease Management process is offered in conjunction with Medavie Blue Cross. Please read the attached document which explains this program and also provides you with information on how to access it.

It is time to RENEW your coverage. If you wish to maintain your current coverage, DON'T DO ANYTHING, it is automatic. However if you wish to change your option (within the normal Plan restrictions), you must inform Blue Cross NO later than November 30, 2019 as follows:

- By email at: administration@medavie.ca or
- In writing-to: Medavie Blue Cross - Administration Department  
P.O. Box 1330, Montreal, Quebec, H3B 3K9

If you are writing or emailing please include your Plan number 93115 and your Pin Number as well as your full name and the option change you are requesting. Blue Cross must RECEIVE your request by November 30, 2019. If you have questions about your options or coverage call Blue Cross at 1-866-660-7670.

If you want to save money on your medical and vision care costs and many other services, please go to the blueadvantage.ca website for listing of eligible products and services.

We always recommend you to use your Blue Cross card whenever you buy prescription drugs. For other medical expenses, you may use the Blue Cross E-Claims computer system which results in direct bank account deposit or you may continue to submit your claims using the paper claim form.

Please remember to submit your claims as soon as possible after they are incurred. 2019 claims must be received no later than April 30, 2020 or they will be rejected.

Your CNPA Health Care Committee

Medavie Blue Cross

# Living with a **CHRONIC DISEASE** We can **HELP!**



CNPA would like to remind you that **Managing Chronic Disease benefit is now included in our Medavie Blue Cross benefits package.**

The Managing Chronic Disease benefit has been effective since January 1, 2019 to CNPA pensioners and their eligible family members.

This benefit provides coverage for personalized support to better understand your chronic condition and manage it. Services are provided by a specialized network of health professionals, and are available without a doctor's referral. It's health care on your terms to help you live better.

Our coverage offers help to members living with:

- Asthma or COPD
- Diabetes
- High cholesterol or high blood pressure
- Or looking to quit smoking

Through one-on-one consultations, you will get support and resources so you can take the steps to better health, including:

1. Understanding your condition
2. Managing your symptoms
3. Developing a personalized treatment plan
4. Taking your medication correctly

Most importantly, you'll receive support to improve your health.

Our new Managing Chronic Disease benefit reflects our continued commitment to the well-being of CNPA pensioners and their families.

The program is subject to an annual combined maximum of \$500 per participant per year, with a usual and customary (U&C) limit per visit. The amount is also subject to the Extended Health Care deductible under your selected option.

To find health providers nearest you and the most up-to-date program information, resources, and tools, visit: [www.medaviebc.ca/livebetter](http://www.medaviebc.ca/livebetter) or call Blue Cross at : 1-888-873-9200

Take control, **START YOUR JOURNEY** to better health today

visit [medavie.bluecross.ca/livebetter](http://medavie.bluecross.ca/livebetter)



Learn more.  
Live better!