



Atlantic Federation of Agriculture

BENEFITS GUIDE

Effective January 1, 2026

WELCOME Your benefits are an important part of your membership. We are pleased to offer a comprehensive array of valuable benefits to protect your health, your family and your way of life. This guide answers some of the basic questions you may have about your benefits. Please read it carefully, along with any supplemental materials you receive.

Eligibility

You are eligible for benefits if you work 20 or more hours per week. You must have provincial plan coverage in place to be eligible for the benefit plan. You must also enroll your eligible family members under the plan.

If you do not enroll your family members within 31 days, they will be subject to medical underwriting (which can result in restricted or declined coverage).

Eligible family members include:

- ▶ Your legally married spouse
- ▶ Your common-law partner (must be common law partner for at least 1 year)
- ▶ Your children who are your biological children, stepchildren, adopted children or children for whom you have been appointed as guardian with parental authority (age restrictions may apply)
- ▶ Disabled children who reach the age limit and who meet certain criteria may continue on your health coverage

If you are enrolled in a spouse's plan and decide to waive health and dental benefits, you must still be enrolled in pooled benefits, including life and disability insurance.

Enrollment

To enroll in the plan, complete the information below and return to the third party administrator (Telus Health). Once enrolled, you will receive your benefits card and information to sign up to the carriers benefit portal.

Please complete the following forms to enroll in the plan:

[Click here](#) for an example of a completed Section 1

[Click here](#) to complete the Enrolment Form.

[Click here](#) to complete the Pre-Authorized Debit Agreement.

If you are applying for Optional Benefits or require Statement of Health Forms, please complete the following forms:

[Click here](#) to complete the Medavie Blue Cross Statement of Health.

[Click here](#) to complete the Medavie Blue Cross Statement of Health for Dependents. (if applicable)

When Coverage Begins

- ▶ **New Hires:** You must complete the enrollment process within 31 days of your date of hire. If you enroll on time, coverage is effective following a two month waiting period.

If you fail to enroll on time, you may be subject to medical underwriting (which can result in restricted or declined coverage).

Making Changes

If you experience a qualified life event, please contact Telus Health within 31 days. If you do not, your dependent(s) will be subject to medical underwriting, which may result in restricted coverage under the plan. Following are examples of the most common qualified life events:

- ▶ Marriage or divorce
- ▶ Reaching co-habitation period for common-law status
- ▶ Birth or adoption of a child
- ▶ Child reaching the maximum age limit
- ▶ Death of a spouse, common-law partner or child
- ▶ Spouse losing coverage under external benefits plan

Be prepared to show documentation of the event, such as a marriage license, birth certificate or divorce decree.

Health Care

We are proud to provide you health care through Medavie Blue Cross. This plan covers what your provincial health plan does not. Enrollment in a provincial health plan is a requirement to be eligible for reimbursement of supplemental medical expenses under this plan. The chart below provides an overview of the plan.

Coordination of Benefits

If your spouse also has coverage, submit your own claims through your plan first and have your spouse submit claims through his or her plan first. You can submit any leftover amounts to each other's plan to maximize your coverage. You must wait for the Explanation of Benefits (EOB) to be produced prior to coordinating your benefits. For any children on the plan, submit their claims through the plan of the parent whose birth date comes first in the calendar year.

| Key Benefits | Coverage |
|---|--|
| Prescription Drugs | Plan pays 100% after the member pays the dispensing fee for Tier 1; 60% for Tier 2 with a \$50 out of pocket maximum including dispensing fee for the member |
| Paramedical Services | \$500 per practitioner per year with a combined maximum of \$1,500 for the following practitioners: Chiropractor, Naturopath, Acupuncturist, Homeopath, Dietician, Osteopath, Chiropodist/Podiatrist, Audiologist, Occupational Therapist, Physiotherapist/Athletic Therapist, Massage Therapist. \$1,500 for the following practitioners combined: Psychologist/Social Worker/Counselling Therapist/Psychoeducator/Psychotherapist. \$1,500 per year for Speech Therapist |
| Hospital Coverage | 100% coverage for semi private accommodation |
| Medical Services & Supplies Coverage | 100% coverage; some annual/lifetime maximums apply (please see booklet) |
| Private Duty Nursing | \$10,000 per calendar year |
| Emergency Out-of-Country Medical Coverage | 100% coverage, maximum \$2,000,000 per participant per incident; 90 day limit; 60 day if age 65 or over travel limit Please remember to print your travel cards before traveling and call the number indicated if you encounter an emergency health situation. |
| Vision Care | |
| Eye Exam | 1 exam every 12 months for dependent children; every 24 months for adults |
| Materials | \$200 every 12 months for dependent children; every 24 months for adults for glasses, contact lenses and laser eye surgery |
| Benefit Duration | |
| Termination Age | Earlier of age 65 for Health, age 70 for Travel or termination or retirement |
| Survivor Benefit | 24 months |

For further details, consult the plan booklet.

Dental Care

Keeping those pearly whites healthy is easy with your Medavie Blue Cross dental benefit.

| Key Dental Benefits | Coverage |
|--|---|
| Benefit Maximum (basic and major services combined) Per Individual | \$2,000 per calendar year |
| Covered Services | |
| Recall Period | Every 12 months |
| Basic Services (exams, X-rays, cleanings, fillings and simple extractions) | 100% coverage |
| Major Services (crowns, bridges and dentures) | 70% coverage |
| Orthodontia (all participants) | 50% coverage; \$2,000 lifetime maximum coverage |
| Benefit Duration | |
| Termination Age | Earlier of age 65, termination or retirement |
| Survivor Benefit | 24 months |

For further details, consult the plan booklet.

Life and AD&D

Life insurance provides your named beneficiary/ies with a benefit in the event of your death.

Accidental death and dismemberment (AD&D) insurance provides specified benefits to you in the event of a covered accidental bodily injury that directly causes dismemberment.

Remember to make sure your beneficiary information is accurate, and update it through Telus Health if you have any life changes. If you do not have a designated beneficiary, your life insurance and AD&D benefit will be paid to your estate.

Basic Life/AD&D

This benefit is provided to you through Medavie Blue Cross.

| Coverage | |
|----------------------------|--|
| Basic Life/AD&D | |
| Employee | \$25,000 flat benefit amount; reduction by 50% at age 65 to \$12,500 |
| Dependent Life | |
| Spouse | \$5,000 flat benefit amount |
| Child(ren) | \$2,500 flat benefit amount |
| Termination Age | Earlier of age 70, termination or retirement |

Farm Family Support Center

The Farm Family Support Line is a confidential, short-term counselling and advisory service to help farmers, their families and their employees manage and reduce the stressful issues of life including mental health, legal, financial and more. Farmers, their families and their employees have unlimited access to services at no cost. The Farm Family Support Line is managed as an Employee Assistance Program by Telus Health, funded by Farm Safety Nova Scotia.

Optional Life/AD&D

You may purchase additional coverage through Medavie Blue Cross for yourself and your eligible family members.

| Coverage | Non-Evidence Maximum | |
|--------------------------|---|--------------------------------------|
| Optional Life | | |
| Employee | \$10,000 increments; minimum of \$10,000 up to \$250,000 | All amounts require medical evidence |
| Spouse | \$10,000 increments; minimum of \$10,000 up to \$250,000 | All amounts require medical evidence |
| Optional AD&D | | |
| Employee | Employee \$10,000 increments; minimum of \$10,000 up to \$250,000 | |
| Dependent | See booklet | |

Critical Illness

Critical Illness insurance provides a lump sum benefit if you or your spouse or child suffer a condition that is covered and meet the survival period, and use the money in any way – there are no restrictions on how the money is spent. Some of the critical conditions that are covered are: cancer, heart attack, stroke, kidney failure, major organ failure requiring transplant, coma, blindness, deafness, Multiple Sclerosis (MS), Parkinson’s Disease, etc. For more details, see the plan booklet. Critical illness coverage, provided through **Medavie Blue Cross**, is available to you at an affordable group rate. Coverage is also available for your dependents.



Cost of Benefits

For information on the cost of the benefits program, please [click here](#) for the rate sheet outlining your contributions.

Contact Information

| Coverage and claims related questions | Carrier | Phone # | Website |
|---------------------------------------|--------------------|----------------|--|
| Health, Travel and Dental | Medavie Blue Cross | 1-888-227-3400 | - |
| Farm Family Support Centre | Telus Health | 1-833-754-3692 | Download the TELUS Health One app or visit one.telushealth.com and login with the following username and password: Username - NSFarmers Password - wellness |

Questions?

If you have additional questions, you may also contact:

Telus Health Client Service Centre

1-866-432-8427

CSC@telushealth.com

DISCLAIMER: The material in this benefits brochure is for informational purposes only and is neither an offer of coverage or medical or legal advice. It contains only a partial description of plan or program benefits and does not constitute a contract. Please refer to the Plan Booklet for complete plan details. In case of a conflict between your plan documents and this information, the plan documents will always govern.

