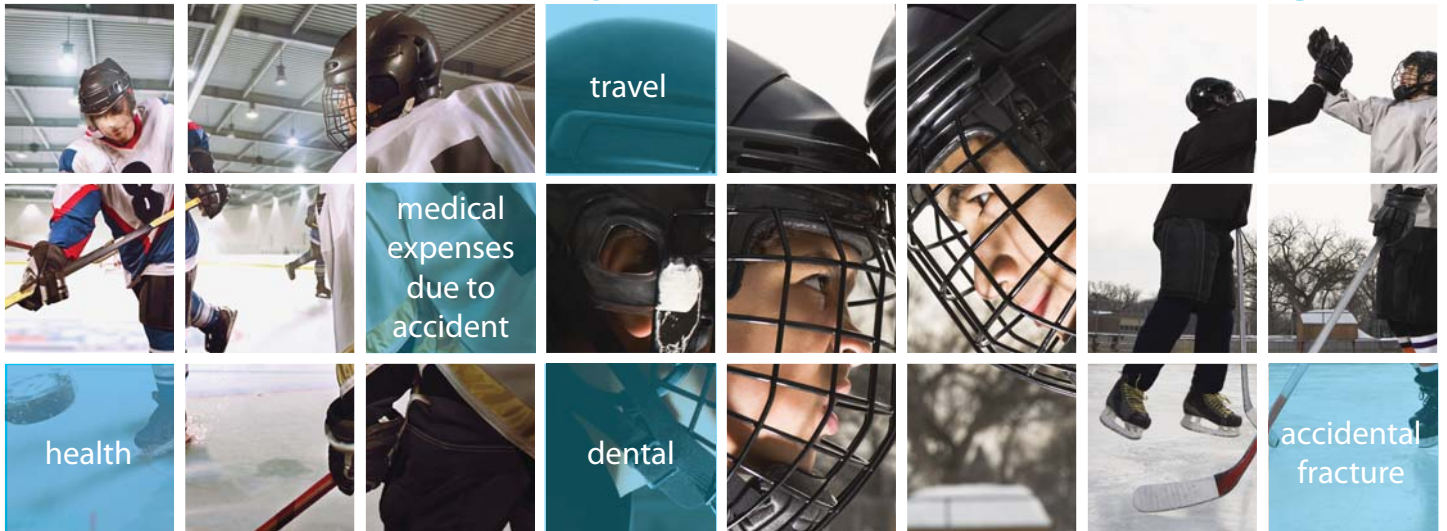


Accidental Family Sports Benefit Package



ExpressPlan

No medical exam required

Sample Plan & Rates

- \$25,000 Life, Accidental death, Loss of Use for children
- \$5,000 Accidental Fracture
- Post-accident Adaptations
- Medical Expenses due to Accident
- Assistance Program

Age	Monthly Premium*
16-64	\$24.60

*Sample rate based on a family with parents aged 40 years and 1-4 children.

Optional Benefits Available

- Disability Insurance
- Critical Illness
- Long-term care
- Prescription drug coverage
- Extended healthcare
- Travel coverage
- Much more

Assistance Program

All plans include the Assistance Program free of charge. A unique program of services and benefits for your well being!

Consulting Services

Health Assistance – Toll-free health information line

Legal Assistance – Free telephone consultations for legal advice and one 30-minute free in-office consultation with a lawyer per year

Support & Services

After hospitalization of two days or more:

- A housekeeper (light housework)
- Medication home delivery service

After a school absence of 2 weeks or more:

- Tutoring services for up to 90 hrs (elementary and high school levels)

Information & Prevention

- Health information website
- Legal advice
- Home care following hospitalization
- Member discounts – www.blueadvantage.ca

For more information and a personalized quote, please contact:

Donna Danks

Tel: 905-683-9725 | Fax: 905-683-0092 | Email: pineridgeinsurance@rogers.com

This is not a contract. Please refer to the Express Plan contract for specific details.

*The Ontario Blue Cross name and logo are registered trade marks of the Canadian Association of Blue Cross plans, and are licensed to the CanAssurance Hospital Service Association, carrying on business as Ontario Blue Cross.

