







Losing your Manulife group health and dental coverage?
We have *solutions*.

FollowMe™ Health and Flexcare® have been created for Canadians without an employee health plan.

Get the coverage you need with flexible and affordable solutions available through the FollowMe Health™ and Flexcare® plans, offered by the Manufacturers Life Insurance Company (Manulife).

FollowMe Health and Flexcare can provide you with health, dental and travel coverage that will help keep you insured after leaving your group plan.* You can count on:

-  Protection from rising drug, paramedical (massage therapy, chiropractor, orthotics, and more), dental and vision care costs
-  Options that fit your needs, lifestyle and budget
-  Coverage that is effective the first day of the month following approval of your application
-  Unlimited, 24/7 access to health care professionals from anywhere, in English and French, TELUS Health Virtual Care¹

With Flexcare and FollowMe Health, there are no age maximums. Once you have been approved, you can keep your coverage for as long as you want – regardless of your age or any future changes in your health, as long as premiums are paid. It's lifetime coverage!

Don't hesitate. Visit us online today!
Visit our website at www.mynextchapter.ca
If you have questions, call us at **1-844-732-4237**

FollowMe™ Health

FollowMe Health can help you save on many out-of-pocket health care costs. And as a former Manulife group benefits plan member, you can benefit from these exclusive advantages:

- **Save 5%** on FollowMe Health premiums²
- **Acceptance is guaranteed³**, with no medical questions when you apply, if you apply within 120 days of your work plan ending
- **Get 3 times** the Accidental Death and Dismemberment coverage
- With **4 different plans available**, you can choose the plan that best suits your needs, lifestyle and budget.

Flexcare®

Flexcare can help cover you when your government plan may not. You can find a flexible and affordable solution with Flexcare:

- Coverage for prescription drugs, dental, vision care, massage therapy and more
- **With many plans to choose from**, you can choose the coverage that's right for you
- **Enhance your coverage** with optional add-ons or targeted protection in a specific area
- Unlike a group plan, it won't end when you change jobs as long as premiums are paid, and there is **no age maximum**

Conditions, limitations, and exclusions apply. See policy for details.

* FollowMe Health™ Plans are not intended to provide and will not provide the exact same coverage that plan members may have had under their group or existing health insurance plan.

¹ TELUS Health Virtual Care are meant to be an addition to your regular healthcare team, not a replacement. With your consent, medical notes from your virtual consults can even be shared with your family doctor.

² 5% savings applies to Manulife Group Benefits members who apply for a FollowMe™ Health plan and pay premiums with a credit card or pre-authorized debit. Applications submitted after 120 days of employee coverage ending are subject to medical underwriting.

³ Acceptance is guaranteed upon final application approval, valid Government Health Insurance Plan (GHIP), payment of any required premium, and satisfaction of eligibility criteria. Applications submitted after the 120-day period would be subjected to medical underwriting.

For Quebec residents only: to be eligible for a FollowMe, Quebec residents must also have RAMQ prescription drug coverage. Limitations, restrictions, and exclusions may apply.

Plans underwritten by The Manufacturers Life Insurance Company (Manulife).

Plans are offered through The Manufacturers Life Insurance Company. Manulife, Manulife & Stylized M Design, Stylized M Design, Follow Me™, and FlexCare® are trademarks of The Manufacturers Life Insurance Company and are used by it, and by its affiliates under license. © 2021 The Manufacturers Life Insurance Company. All rights reserved. Manulife, P.O. Box 670, Stn Waterloo, ON N2J 4B8.

Accessible formats and communication supports are available upon request. Visit Manulife.ca/accessibility for more information.