

RATE CHART (Monthly premiums for **each** family member)

PLAN TYPE	AGE									
	4 AND UNDER	5-20	21-34	35-44	45-54	55-64	65-69	70-74	75-84	85+
SUBSTITUTE TEACHERS' PLAN	\$59.41	\$76.43	\$101.91	\$144.36	\$169.86	\$169.86	\$169.86	\$214.30	\$214.91	\$214.91

INSTRUCTIONS

All individuals must be covered under Manitoba Health and Seniors Care and must enroll in the same plan in accordance with their true family status.

1. Select your plan type.
2. Using the Rate Chart above, insert the rate for each family member into the Rate Calculation amount column.
3. Add the rate(s) within the amount column to determine your Total Monthly Rate.
4. These rates are effective April 1, 2026.

RATE CALCULATION

Person Covered	Age	Amount
APPLICANT		
SPOUSE		+
DEPENDENTS		+
		+
		+
		+
		+
		+
		+
		+
TOTAL MONTHLY RATE	=	

