

It Pays to Fill Your Prescriptions for Three Months!

As you know, a large share of your prescription drug bills goes to pay the pharmacist's dispensing fees. You can fill your prescriptions for a three-month period and only pay these fees once a quarter. This simultaneously reduces your medical costs and the amount of your group insurance claim. You'll save money, and so will everyone else insured under policy 1008-1010. All you have to do is ask your pharmacist the next time you get your prescriptions filled. Certain drugs cannot be renewed for more than one month at a time, and your pharmacist will tell you if this is the case.

Assessment by a Neuropsychologist

Fees for a diagnostic assessment by a neuropsychologist have been covered under our contract since January 2019. A new category of professionals was created to meet this need, but it does need to be kept separate from the category of consultations with a psychologist. The two categories have different reimbursements:

- Psychologist: eligible fee of \$100 per visit, to a maximum of \$1,200 per calendar year (for a group of professionals);
- Assessment by a psychologist or neuropsychologist: maximum of \$1,250 per calendar year (for a group of professionals).

Since the two coverages are very similar, *La Capitale* recommends indicating clearly to the assurer on your claims that the fees in question are for part of a psychological or neuropsychological assessment and, if possible, the expected timeline for the assessment sessions. This will make processing your file much easier and allow us to reimburse your fees following the parameters for assessments.

Life Insurance Premium Holiday

You may have already noticed a decrease in your life insurance premiums since January 1, 2020. In the last issue of *Info Insurance* we announced:

- A 15% decrease in your life insurance premiums (except dependent life insurance, the premium for which hasn't changed) and a 50% premium holiday for 2020 applied to the reduced premium;
- A 50% premium holiday for 2020 applied to the premium for dependent life insurance.

We want to remind you that for now the 50% premium holiday is only in effect for 2020. Of course, if there is a surplus again, the RSA (the group of unions participating in group insurance policy 1008-1010) may decide next October to extend this premium holiday to 2021. Watch coming issues of *Info Insurance*.

Agreements Between *La Capitale* and CEGEP Administrations

Certain unions have asked us about the presence of representatives of *La Capitale* in their CEGEP. For several years now, *La Capitale* has had agreements with the administrations of some CEGEPs to have financial advisors at their institutions. Under these agreements, financial advisors are assigned to the various colleges in their region. This service is offered exclusively by *La Capitale* to all CEGEPs and is also available to private colleges and universities, whether or not they have group insurance under the FNEEQ contract. As well, any FNEEQ member may obtain the services of a *La Capitale* financial advisor for free, and the company also offers financial education programs and themed conferences on financial security. These services include planning for post-retirement financial security, investment and savings advice and individual insurance.

What's New in the *Guide to your retirement*

The CFARR (Comité fédéral des assurances et des régimes de retraite) [FNEEQ Insurance and Pension Committee] recently revised the *Guide to your retirement*. Among the new features are a section on gradual retirement at age 65. Unlike progressive retirement, gradual retirement is an opportunity to draw part of your pension starting at age 65. We suggest that all members rely on this guide when planning their retirement. For more information, consult the [*Guide sur la retraite*](#) (the English version of the revised guide will be available on our website in the coming weeks).

***La Capitale* and *SSQ Insurance* Announce Their Intention to Combine Operations**

Here is the essential part of the press release issued by *La Capitale* on January 29, 2020:



“La Capitale Insurance and Financial Services and SSQ Insurance are announcing today their decision to combine operations. The new entity will become an influential player and the biggest mutual insurance company in Canada. From day 1 it will have 4,700 employees and more than 3.5 million members and clients. La Capitale and SSQ Assurance are two companies of similar size with complementary operations. La Capitale is a leader in property and casualty insurance while SSQ Insurance is well known for group insurance. The merger, which brings the two companies together as equals, will be a driving force for each organization. The new company will be poised for faster growth and improved competitiveness at a time when the insurance industry is evolving rapidly. Both entities are seizing a unique opportunity to join forces and build a new company with nationwide reach and a head office that will remain in Quebec City for the long term. The company will build on a solid foundation of skilled employees, strong mutualist values, sound finances, and a broad range of expertise. Combined assets under management for the new company will total more than \$20 billion, and consolidated premiums will be worth \$5 billion.”

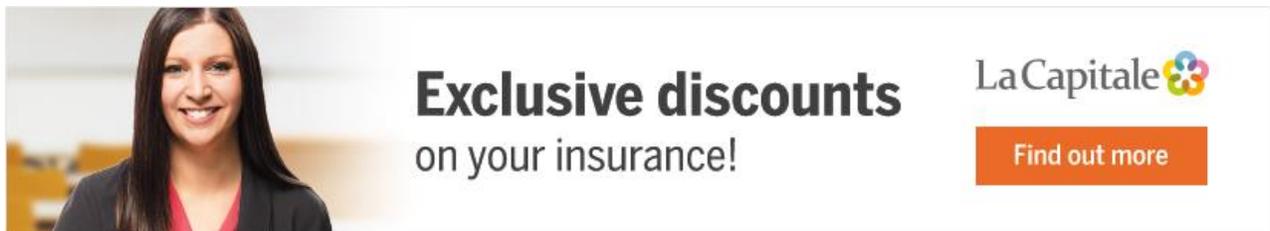
There are still a number of steps to complete, including obtaining the approval the Competition Bureau, the Autorité des marchés financiers, the Minister of Finance, and the assembled members of each organization. *La Capitale* will also need assent from the National Assembly to amend the private legislation that created the present companies. *La Capitale* hopes that this will take place during the next sitting of the Assembly.

In the meantime, operations will continue as before and *La Capitale* wants to reassure its clients that contracts will continue to be honoured.

Mr. Mario Albert, Executive Vice-President - Group Insurance at *La Capitale*, contacted FNEEQ President Ms. Caroline Quesnel to assure her that continuity of services will be maintained and that the response team is available. In the short term, no changes are expected, but CFARR will remain vigilant for the future.

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For CFARR



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