

## JANUARY 2026 NEWSLETTER

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**PLEASE WELCOME:** We are pleased to welcome Julee Adolph as the new Plan Administrator. Julee brings with her over 20 years of extensive experience in multi-employer group benefits and has managed a wide range of complex pension plans (with a focus on multi-employer pension plans) throughout her career. She is also deeply committed to Plan governance and client relations. Her deep knowledge and strong leadership skills will be a valuable asset to both the administration team and Plan Members.

**T4A's:** This is the time of year when we are busy with many tasks including preparation of our records to issue the T4A's to all Plan Members. Those new to the Plan may not be aware that some of the benefits are taxable. The information provided on the T4A represents the taxable portion of those benefits and must be included when submitting your annual income tax filing.

Taxable benefits currently include premiums submitted to the insurance companies for the Group Life Insurance and Accidental Death and Dismemberment. Disability benefits issued from the Plan Office in 2025 are also taxable. The T4A's are issued and mailed by the end of February each year. **Please ensure the Plan Office has current contact information.**

**Designated Beneficiary:** It is important to ensure that your designated beneficiary is on file. If you are unsure that we have the correct information, please contact the Plan Office. Beneficiary forms can be found on our website: [www.teamstersbenefits.ca](http://www.teamstersbenefits.ca).

**Weekly Indemnity Rate Increase:** Effective January 1, 2026, the maximum weekly indemnity rate has been increased to \$729.00 per week. Plan Members must qualify to receive the maximum rate; 75% of pre-disability weekly earnings. If the earnings per week are less than \$729.00, the lesser rate is applied. If earnings are more than \$729.00 per week, the maximum rate is applied.

**Prescription Medications Type 2 Diabetes:** The following medications require a doctor's prescription which confirms that the medication is being used to treat Type 2 Diabetes: Ozempic, Mounjaro, Trulicity, Rybelsus, Januvia, and Victoza. This must be submitted to the Plan office for approval. **PLEASE NOTE:** we do require Special Authority for Ozempic from PharmaCare. Please contact your doctor or pharmacy as they may have it on file. If not, please contact PharmaCare directly at 604-683-7151 or 1-800-663-7100. Press the corresponding number for your preferred language, then 3 for PharmaCare.

**Annual Maximum Reset:** As a reminder, annual maximums for benefits reset on **January 1 each year**. This applies to your **Dental Plan, Prescription Plan, and any applicable Extended Health Benefits (EHB)** that have annual limits. As a reminder, dental coverage has a combined maximum of \$3,000.00 per person per calendar year and prescriptions are \$2,500.00 per person per calendar year. Please see the Plan Booklet for further information on EHB maximums. If you have any questions about your coverage or benefit usage, please contact the Plan Office.

**Reminder:** Please ensure that you are registered on our app for claim submissions and statements, benefit limits, and benefit cards. **Benefit Cards became digital through the app beginning June 2023.** If you still have the previous physical card, please note that these are now obsolete. To ensure your Prescriptions, Dental, and Extended Health Benefits are covered, please download the cards through the app. **The Benefit Plan Booklet is also digital and available on our website.** Please contact the Plan Office should you require assistance.

Plan Office

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