



Protect what matters most

Be ready for life's unexpected moments with coverage you can choose.

From Sept. 8 to Oct. 8, 2026, apply for up to \$150,000 of Freedom to Choose™ life insurance without answering medical questions.

After Oct. 8, 2026, the non-evidence maximum returns to \$25,000 and medical evidence may be required for higher coverage amounts.

Freedom to Choose life, critical illness and accident insurance can help you protect your finances and the people who depend on you.

With these insurance options, you can:

- Pay less with group rates compared to individual insurance
- Keep your coverage even if you change jobs or your plan ends
- Choose the coverage that fits your needs and budget

Getting started is easy

1. Sign in to www.mycanadalifeatwork.com and go to Options for you
2. View pricing and apply online – in most cases, you'll get a decision right away

Getting coverage is easy



Scan the [QR code](#) to learn more and apply.

We're here to help

Call us at 1-833-725-0257, Monday to Friday from 8 a.m. and 6 p.m. ET. or visit canadalife.com/OptionsForYou to book a call with a health and benefits consultant.