

FollowMe™ Health Individual Insurance Plans

2022 Premium Rates – Ontario

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$87.00	\$119.70	\$159.90	\$213.50
45-54	\$98.80	\$135.30	\$175.40	\$238.50
55-59	\$109.70	\$138.30	\$176.70	\$240.40
60-64	\$117.80	\$152.70	\$182.60	\$248.80
65-69	\$97.80	\$127.90	\$150.30	\$202.60
70-79	\$117.20	\$158.40	\$177.20	\$231.10
80-89	\$151.20	\$254.90	\$278.10	\$360.70
90+	\$189.40	\$325.90	\$340.00	\$422.80
Couple				
18-44	\$78.70	\$111.30	\$151.20	\$203.50
45-54	\$90.80	\$126.80	\$166.40	\$229.70
55-59	\$101.50	\$130.20	\$168.20	\$231.70
60-64	\$109.30	\$144.20	\$174.50	\$240.40
65-69	\$89.50	\$120.30	\$142.60	\$194.70
70-79	\$109.30	\$151.00	\$170.20	\$223.60
80-89	\$143.50	\$246.60	\$269.70	\$352.10
90+	\$181.20	\$317.70	\$331.50	\$413.90
Child (1 or 2 children)				
0-20	\$26.30	\$33.90	\$70.80	\$108.10
Child (3 or more children)				
0-20	\$23.50	\$30.60	\$63.70	\$97.30

All premium rates are quoted on a per month per person basis. Premiums for couples and children are per individual. Premiums are based on individual's age at time of application and will change in accordance with published age groups as the individual's age increases. Premiums effective January 1, 2022; subject to change without notice.



The Manufacturers Life Insurance Company (Manulife).

Manulife, Stylized M Design, Manulife & Stylized M Design, and FollowMe are trademarks of The Manufacturers Life Insurance Company, and are used by it and by its affiliates under license. © 2022 The Manufacturers Life Insurance Company. All rights reserved. Manulife, PO Box 670, Stn Waterloo, Waterloo, ON N2J 4B8.

To speak with a Manulife representative, contact **1.866.795.7285**.

FollowMe™ Health Individual Insurance Plans

2022 Premium Rates – Alberta

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$80.40	\$104.10	\$141.70	\$189.40
45-54	\$93.10	\$121.10	\$158.90	\$216.80
55-59	\$103.70	\$128.90	\$166.10	\$226.50
60-64	\$109.20	\$138.50	\$167.50	\$229.80
65-69	\$89.50	\$108.80	\$128.40	\$184.60
70-79	\$97.30	\$120.90	\$138.80	\$190.30
80-89	\$106.80	\$160.20	\$181.30	\$246.80
90+	\$137.80	\$215.60	\$228.10	\$291.50
Couple				
18-44	\$72.20	\$95.90	\$133.10	\$179.80
45-54	\$84.70	\$112.60	\$150.30	\$207.50
55-59	\$95.30	\$120.50	\$157.30	\$217.60
60-64	\$101.00	\$130.40	\$159.10	\$221.10
65-69	\$81.50	\$101.30	\$121.30	\$176.30
70-79	\$88.80	\$113.80	\$132.00	\$182.50
80-89	\$98.70	\$151.60	\$173.30	\$238.20
90+	\$129.90	\$207.30	\$219.90	\$282.40
Child (1 or 2 children)				
0-20	\$25.50	\$32.70	\$66.90	\$102.00
Child (3 or more children)				
0-20	\$23.30	\$29.30	\$60.20	\$91.50

All premium rates are quoted on a per month per person basis. Premiums for couples and children are per individual. Premiums are based on individual's age at time of application and will change in accordance with published age groups as the individual's age increases. Premiums effective January 1, 2022; subject to change without notice.



The Manufacturers Life Insurance Company (Manulife).

Manulife, Stylized M Design, Manulife & Stylized M Design, and FollowMe are trademarks of The Manufacturers Life Insurance Company, and are used by it and by its affiliates under license. © 2022 The Manufacturers Life Insurance Company. All rights reserved. Manulife, PO Box 670, Stn Waterloo, Waterloo, ON N2J 4B8.

To speak with a Manulife representative, contact **1.866.795.7285**.

FollowMe™ Health Individual Insurance Plans

2022 Premium Rates – British Columbia

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$81.90	\$108.60	\$145.20	\$190.50
45-54	\$94.60	\$125.50	\$161.50	\$215.80
55-59	\$105.20	\$132.30	\$168.10	\$224.60
60-64	\$111.10	\$143.50	\$171.50	\$229.80
65-69	\$86.80	\$114.10	\$134.00	\$177.30
70-79	\$98.00	\$136.30	\$153.90	\$199.30
80-89	\$114.70	\$182.50	\$202.20	\$263.40
90+	\$158.20	\$255.40	\$266.90	\$329.10
Couple				
18-44	\$74.00	\$100.20	\$136.50	\$180.60
45-54	\$86.50	\$116.80	\$152.70	\$206.90
55-59	\$96.80	\$124.20	\$159.80	\$215.50
60-64	\$102.70	\$135.20	\$163.10	\$220.80
65-69	\$78.70	\$106.10	\$126.30	\$169.80
70-79	\$90.20	\$128.40	\$146.60	\$191.40
80-89	\$106.70	\$174.10	\$194.00	\$255.30
90+	\$149.70	\$247.00	\$258.60	\$320.20
Child (1 or 2 children)				
0-20	\$24.30	\$31.80	\$64.50	\$96.00
Child (3 or more children)				
0-20	\$22.10	\$28.70	\$58.00	\$86.60

All premium rates are quoted on a per month per person basis. Premiums for couples and children are per individual. Premiums are based on individual's age at time of application and will change in accordance with published age groups as the individual's age increases. Premiums effective January 1, 2022; subject to change without notice.



The Manufacturers Life Insurance Company (Manulife).

Manulife, Stylized M Design, Manulife & Stylized M Design, and FollowMe are trademarks of The Manufacturers Life Insurance Company, and are used by it and by its affiliates under license. © 2022 The Manufacturers Life Insurance Company. All rights reserved. Manulife, PO Box 670, Stn Waterloo, Waterloo, ON N2J 4B8.

To speak with a Manulife representative, contact **1.866.795.7285**.

FollowMe™ Health Individual Insurance Plans

2022 Premium Rates – Manitoba

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$80.40	\$106.00	\$141.10	\$185.90
45-54	\$92.50	\$124.70	\$159.90	\$215.10
55-59	\$103.00	\$132.20	\$167.00	\$224.20
60-64	\$108.40	\$142.60	\$169.90	\$228.80
65-69	\$107.00	\$144.80	\$164.30	\$220.60
70-79	\$118.70	\$168.50	\$186.50	\$246.60
80-89	\$135.10	\$207.00	\$227.60	\$303.50
90+	\$173.50	\$276.10	\$288.30	\$369.70
Couple				
18-44	\$72.20	\$97.70	\$132.50	\$176.00
45-54	\$84.20	\$116.00	\$151.00	\$205.80
55-59	\$94.40	\$123.10	\$158.30	\$214.90
60-64	\$100.20	\$134.00	\$161.50	\$219.90
65-69	\$98.70	\$136.20	\$156.20	\$212.50
70-79	\$110.40	\$160.20	\$178.70	\$238.20
80-89	\$126.90	\$198.80	\$219.20	\$294.90
90+	\$165.20	\$267.70	\$280.00	\$360.80
Child (1 or 2 children)				
0-20	\$24.60	\$31.80	\$63.60	\$95.20
Child (3 or more children)				
0-20	\$22.20	\$28.60	\$57.00	\$85.60

All premium rates are quoted on a per month per person basis. Premiums for couples and children are per individual. Premiums are based on individual's age at time of application and will change in accordance with published age groups as the individual's age increases. Premiums effective January 1, 2022; subject to change without notice.



The Manufacturers Life Insurance Company (Manulife).

Manulife, Stylized M Design, Manulife & Stylized M Design, and FollowMe are trademarks of The Manufacturers Life Insurance Company, and are used by it and by its affiliates under license. © 2022 The Manufacturers Life Insurance Company. All rights reserved. Manulife, PO Box 670, Stn Waterloo, Waterloo, ON N2J 4B8.

To speak with a Manulife representative, contact **1.866.795.7285**.

FollowMe™ Health Individual Insurance Plans

2022 Premium Rates – New Brunswick

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$88.00	\$117.10	\$154.50	\$204.70
45-54	\$102.60	\$139.30	\$177.60	\$237.70
55-59	\$113.70	\$147.00	\$184.70	\$246.70
60-64	\$120.60	\$160.10	\$188.60	\$253.00
65-69	\$120.40	\$163.00	\$183.70	\$245.30
70-79	\$133.60	\$190.10	\$208.90	\$274.30
80-89	\$150.90	\$231.70	\$252.90	\$335.90
90+	\$205.00	\$323.20	\$335.60	\$427.00
Couple				
18-44	\$80.10	\$109.00	\$146.10	\$194.50
45-54	\$94.30	\$130.70	\$168.40	\$228.00
55-59	\$105.20	\$138.50	\$175.60	\$237.40
60-64	\$112.30	\$151.00	\$180.10	\$244.10
65-69	\$112.20	\$154.70	\$175.80	\$236.90
70-79	\$125.30	\$181.60	\$200.80	\$266.10
80-89	\$143.00	\$223.50	\$245.10	\$327.00
90+	\$196.60	\$314.80	\$327.90	\$418.20
Child (1 or 2 children)				
0-20	\$27.40	\$35.10	\$68.80	\$103.10
Child (3 or more children)				
0-20	\$24.60	\$31.80	\$62.10	\$93.10

All premium rates are quoted on a per month per person basis. Premiums for couples and children are per individual. Premiums are based on individual's age at time of application and will change in accordance with published age groups as the individual's age increases. Premiums effective January 1, 2022; subject to change without notice.



The Manufacturers Life Insurance Company (Manulife).

Manulife, Stylized M Design, Manulife & Stylized M Design, and FollowMe are trademarks of The Manufacturers Life Insurance Company, and are used by it and by its affiliates under license. © 2022 The Manufacturers Life Insurance Company. All rights reserved. Manulife, PO Box 670, Stn Waterloo, Waterloo, ON N2J 4B8.

To speak with a Manulife representative, contact **1.866.795.7285**.

FollowMe™ Health Individual Insurance Plans

2022 Premium Rates – Newfoundland and Labrador

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$82.30	\$109.50	\$146.00	\$191.50
45-54	\$95.60	\$129.80	\$167.00	\$222.20
55-59	\$106.00	\$136.40	\$172.90	\$230.70
60-64	\$111.80	\$147.50	\$176.10	\$235.70
65-69	\$110.00	\$149.10	\$169.80	\$226.00
70-79	\$122.80	\$174.40	\$193.90	\$253.60
80-89	\$140.60	\$215.40	\$237.00	\$312.80
90+	\$190.00	\$300.00	\$313.90	\$395.30
Couple				
18-44	\$74.30	\$101.20	\$137.40	\$181.50
45-54	\$87.20	\$120.70	\$157.80	\$212.90
55-59	\$97.40	\$127.90	\$164.70	\$221.40
60-64	\$103.30	\$139.10	\$167.80	\$226.90
65-69	\$101.90	\$140.60	\$161.70	\$217.80
70-79	\$114.70	\$166.20	\$185.80	\$245.00
80-89	\$132.30	\$207.00	\$228.90	\$303.80
90+	\$181.60	\$291.70	\$305.20	\$386.60
Child (1 or 2 children)				
0-20	\$24.30	\$31.90	\$64.40	\$96.50
Child (3 or more children)				
0-20	\$22.10	\$28.70	\$57.90	\$86.80

All premium rates are quoted on a per month per person basis. Premiums for couples and children are per individual. Premiums are based on individual's age at time of application and will change in accordance with published age groups as the individual's age increases. Premiums effective January 1, 2022; subject to change without notice.



The Manufacturers Life Insurance Company (Manulife).

Manulife, Stylized M Design, Manulife & Stylized M Design, and FollowMe are trademarks of The Manufacturers Life Insurance Company, and are used by it and by its affiliates under license. © 2022 The Manufacturers Life Insurance Company. All rights reserved. Manulife, PO Box 670, Stn Waterloo, Waterloo, ON N2J 4B8.

To speak with a Manulife representative, contact **1.866.795.7285**.

FollowMe™ Health Individual Insurance Plans

2022 Premium Rates – Nova Scotia

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$85.20	\$113.30	\$148.40	\$194.80
45-54	\$98.60	\$133.90	\$169.60	\$225.90
55-59	\$109.50	\$141.40	\$175.80	\$234.40
60-64	\$116.00	\$153.80	\$180.10	\$240.40
65-69	\$87.60	\$121.60	\$141.30	\$186.30
70-79	\$99.00	\$145.40	\$163.10	\$209.70
80-89	\$115.20	\$183.10	\$201.90	\$262.60
90+	\$164.40	\$264.20	\$275.20	\$337.50
Couple				
18-44	\$76.90	\$104.80	\$139.50	\$185.10
45-54	\$90.60	\$125.10	\$160.10	\$216.50
55-59	\$101.00	\$132.70	\$167.40	\$225.30
60-64	\$107.70	\$145.10	\$171.50	\$231.40
65-69	\$79.40	\$113.50	\$133.30	\$178.40
70-79	\$91.20	\$137.30	\$154.80	\$201.40
80-89	\$107.20	\$174.90	\$194.00	\$253.80
90+	\$156.00	\$256.00	\$266.90	\$328.80
Child (1 or 2 children)				
0-20	\$26.10	\$33.80	\$65.30	\$97.10
Child (3 or more children)				
0-20	\$23.40	\$30.20	\$59.00	\$87.20

All premium rates are quoted on a per month per person basis. Premiums for couples and children are per individual. Premiums are based on individual's age at time of application and will change in accordance with published age groups as the individual's age increases. Premiums effective January 1, 2022; subject to change without notice.



The Manufacturers Life Insurance Company (Manulife).

Manulife, Stylized M Design, Manulife & Stylized M Design, and FollowMe are trademarks of The Manufacturers Life Insurance Company, and are used by it and by its affiliates under license. © 2022 The Manufacturers Life Insurance Company. All rights reserved. Manulife, PO Box 670, Stn Waterloo, Waterloo, ON N2J 4B8.

To speak with a Manulife representative, contact **1.866.795.7285**.

FollowMe™ Health Individual Insurance Plans

2022 Premium Rates – Prince Edward Island

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$86.10	\$114.40	\$152.10	\$200.70
45-54	\$100.00	\$135.80	\$174.30	\$233.30
55-59	\$111.00	\$143.00	\$180.90	\$241.90
60-64	\$117.10	\$155.20	\$184.90	\$247.60
65-69	\$103.40	\$142.10	\$163.50	\$217.10
70-79	\$116.20	\$167.80	\$186.40	\$243.10
80-89	\$132.90	\$207.30	\$228.30	\$299.70
90+	\$184.60	\$293.60	\$305.90	\$382.10
Couple				
18-44	\$78.10	\$106.10	\$143.50	\$190.70
45-54	\$91.50	\$127.00	\$165.00	\$223.60
55-59	\$102.10	\$134.50	\$172.10	\$233.00
60-64	\$108.90	\$146.60	\$176.10	\$238.90
65-69	\$95.60	\$133.80	\$155.20	\$209.10
70-79	\$108.10	\$159.30	\$178.60	\$234.40
80-89	\$125.00	\$199.10	\$220.00	\$291.00
90+	\$176.20	\$285.20	\$297.60	\$373.10
Child (1 or 2 children)				
0-20	\$26.30	\$34.00	\$68.10	\$102.00
Child (3 or more children)				
0-20	\$23.90	\$30.70	\$61.50	\$91.50

All premium rates are quoted on a per month per person basis. Premiums for couples and children are per individual. Premiums are based on individual's age at time of application and will change in accordance with published age groups as the individual's age increases. Premiums effective January 1, 2022; subject to change without notice.



The Manufacturers Life Insurance Company (Manulife).

Manulife, Stylized M Design, Manulife & Stylized M Design, and FollowMe are trademarks of The Manufacturers Life Insurance Company, and are used by it and by its affiliates under license. © 2022 The Manufacturers Life Insurance Company. All rights reserved. Manulife, PO Box 670, Stn Waterloo, Waterloo, ON N2J 4B8.

To speak with a Manulife representative, contact **1.866.795.7285**.

FollowMe™ Health Individual Insurance Plans

2022 Premium Rates – Quebec

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$68.40	\$88.50	\$125.30	\$168.80
45-54	\$78.60	\$101.80	\$138.80	\$190.90
55-59	\$86.80	\$107.10	\$144.10	\$198.10
60-64	\$90.50	\$114.60	\$144.40	\$200.20
65-69	\$87.90	\$111.00	\$133.80	\$185.00
70-79	\$97.40	\$122.90	\$143.10	\$207.70
80-89	\$109.30	\$164.50	\$188.30	\$274.20
90+	\$147.40	\$229.80	\$245.70	\$336.80
Couple				
18-44	\$60.40	\$80.30	\$116.70	\$158.90
45-54	\$70.10	\$93.10	\$129.90	\$181.60
55-59	\$78.50	\$98.50	\$135.40	\$189.20
60-64	\$81.90	\$105.90	\$135.80	\$191.80
65-69	\$80.10	\$102.90	\$126.00	\$177.10
70-79	\$88.80	\$115.60	\$136.00	\$199.90
80-89	\$101.20	\$156.00	\$179.70	\$265.70
90+	\$139.50	\$221.40	\$237.10	\$327.60
Child (1 or 2 children)				
0-20	\$14.40	\$19.20	\$51.70	\$80.90
Child (3 or more children)				
0-20	\$12.90	\$17.50	\$46.70	\$72.50

All premium rates are quoted on a per month per person basis. Premiums for couples and children are per individual. Premiums are based on individual's age at time of application and will change in accordance with published age groups as the individual's age increases. Premiums effective January 1, 2022; subject to change without notice.



The Manufacturers Life Insurance Company (Manulife).

Manulife, Stylized M Design, Manulife & Stylized M Design, and FollowMe are trademarks of The Manufacturers Life Insurance Company, and are used by it and by its affiliates under license. © 2022 The Manufacturers Life Insurance Company. All rights reserved. Manulife, PO Box 670, Stn Waterloo, Waterloo, ON N2J 4B8.

To speak with a Manulife representative, contact **1.866.795.7285**.

FollowMe™ Health Individual Insurance Plans

2022 Premium Rates – Saskatchewan

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$78.70	\$104.00	\$135.40	\$179.00
45-54	\$90.50	\$121.60	\$153.50	\$205.80
55-59	\$100.80	\$129.00	\$160.00	\$214.10
60-64	\$106.00	\$139.30	\$162.70	\$219.20
65-69	\$90.00	\$114.00	\$139.50	\$170.70
70-79	\$100.40	\$134.50	\$160.30	\$193.20
80-89	\$122.90	\$179.30	\$199.90	\$242.30
90+	\$152.80	\$259.40	\$269.00	\$272.90
Couple				
18-44	\$70.70	\$95.80	\$126.70	\$169.30
45-54	\$81.90	\$113.10	\$144.60	\$196.30
55-59	\$92.10	\$120.40	\$151.10	\$205.20
60-64	\$97.70	\$131.00	\$155.20	\$210.50
65-69	\$82.90	\$107.70	\$132.80	\$164.40
70-79	\$93.40	\$127.90	\$153.70	\$186.50
80-89	\$115.90	\$172.40	\$192.80	\$235.40
90+	\$145.70	\$251.60	\$261.10	\$266.10
Child (1 or 2 children)				
0-20	\$24.00	\$30.80	\$59.40	\$89.00
Child (3 or more children)				
0-20	\$21.50	\$27.70	\$53.40	\$80.00

All premium rates are quoted on a per month per person basis. Premiums for couples and children are per individual. Premiums are based on individual's age at time of application and will change in accordance with published age groups as the individual's age increases. Premiums effective January 1, 2022; subject to change without notice.



The Manufacturers Life Insurance Company (Manulife).

Manulife, Stylized M Design, Manulife & Stylized M Design, and FollowMe are trademarks of The Manufacturers Life Insurance Company, and are used by it and by its affiliates under license. © 2022 The Manufacturers Life Insurance Company. All rights reserved. Manulife, PO Box 670, Stn Waterloo, Waterloo, ON N2J 4B8.

To speak with a Manulife representative, contact **1.866.795.7285**.

FollowMe™ Health Individual Insurance Plans

2022 Premium Rates – Territories

Age group	Basic	Enhanced	Enhanced Plus	Premiere
Individual				
18-44	\$102.70	\$141.00	\$191.80	\$256.00
45-54	\$119.00	\$165.40	\$218.00	\$296.80
55-59	\$132.30	\$174.40	\$226.30	\$308.20
60-64	\$142.10	\$192.90	\$233.80	\$318.80
65-69	\$142.80	\$198.80	\$229.40	\$310.80
70-79	\$165.50	\$244.30	\$272.50	\$360.30
80-89	\$200.20	\$321.80	\$353.50	\$466.90
90+	\$260.30	\$427.80	\$448.00	\$569.10
Couple				
18-44	\$94.60	\$132.30	\$183.40	\$246.60
45-54	\$111.00	\$156.60	\$209.10	\$287.50
55-59	\$123.80	\$165.70	\$217.80	\$299.40
60-64	\$133.80	\$184.20	\$225.30	\$310.10
65-69	\$134.90	\$190.30	\$221.40	\$302.80
70-79	\$157.40	\$236.30	\$264.20	\$351.90
80-89	\$192.20	\$314.10	\$345.00	\$458.30
90+	\$252.30	\$419.70	\$439.60	\$560.20
Child (1 or 2 children)				
0-20	\$32.80	\$41.90	\$87.90	\$134.50
Child (3 or more children)				
0-20	\$29.40	\$37.70	\$79.10	\$120.70

All premium rates are quoted on a per month per person basis. Premiums for couples and children are per individual. Premiums are based on individual's age at time of application and will change in accordance with published age groups as the individual's age increases. Premiums effective January 1, 2022; subject to change without notice.



The Manufacturers Life Insurance Company (Manulife).

Manulife, Stylized M Design, Manulife & Stylized M Design, and FollowMe are trademarks of The Manufacturers Life Insurance Company, and are used by it and by its affiliates under license. © 2022 The Manufacturers Life Insurance Company. All rights reserved. Manulife, PO Box 670, Stn Waterloo, Waterloo, ON N2J 4B8.

To speak with a Manulife representative, contact **1.866.795.7285**.