

Summary of Group Health and Dental Benefit Plan Costs

Effective January 1 2026

This information applies to employees, retired employees* and member employer agencies who participate in the provincial government's benefits plans.

Employee Health, Dental & Travel plan costs are expressed on a bi-weekly basis (26 pays/year) and are 65% employer paid:

	Type of Plan	Employer Cost	Employee Cost	Total Cost
Employees Under Age 65 (Health, Travel, Dental)	Single	\$64.83	\$34.89	\$99.72
	Family	\$159.37	\$85.82	\$245.19
Employees Age 65 & Over (Health, Travel, Dental)	Single	\$32.48	\$17.49	\$49.97
	Family	\$88.06	\$47.41	\$135.47

Retired Employees* Health Plan costs are expressed on a monthly basis and are 65% employer paid:

	Type of Plan	Employer Cost	Retiree Cost	Total Cost
Retired Employees Under Age 65 (Health)	Single	\$53.35	\$28.73	\$82.08
	Family	\$118.37	\$63.74	\$182.11
Retired Employees Age 65 & Over (Health)	Single	\$28.35	\$15.26	\$43.61
	Family	\$56.85	\$30.61	\$87.46

Where can I get more information?

Visit the Medavie Blue Cross Card Holder website at www.medaviebc.ca or e-mail Benefits@novascotia.ca with questions about your benefits coverage and costs

Provincial government employees can also get specific, up to date information on their benefits coverage and beneficiaries via the Province of Nova Scotia Self-Service Portal at <https://prov-portal.cfms.gov.ns.ca/irj/portal>. This portal is not available to those member employers who participate in the provincial government benefits plans.

* To determine eligibility for benefits as a retiree, please refer to:

https://novascotia.ca/psc/pdf/employeeCentre/benefits/My_Benefits_at_Retirement.pdf