

Essentially simple. Essentially valuable.

Congratulations on completing your residency/fellowship. With the end of residency/ fellowship, your resident association insurance benefits will end and it's time to consider the various insurance options available to you. One of the best options is the **OMA Essentials Offer**.

The Essentials Offer is designed to give you the flexibility to choose your coverage:

Disability Insurance¹ – Up to \$5,000 per month with a 90-day Elimination Period (EP)²

Features that can enhance your coverage³:

- Guaranteed Insurability Benefit (GIB) Rider
- Cost of Living Adjustment (COLA) Rider
- Own Occupation Rider
- Retirement Protection Rider (RPR)

Increase Disability Insurance immediately by exercising your GIB⁴ option

- Up to \$7,000⁵ or up to \$8,500⁵ per month for General Practitioner
- Up to \$10,000⁵ or up to \$11,000⁵ per month for a Specialist or Emergency Room Physician

Group Term Life Plus 75 Insurance

- \$100,000⁶ or \$200,000⁶ of life insurance

Professional Overhead Expense (POE) Insurance

- Up to \$5,000 per month
- Guaranteed Insurability Benefit (GIB) Rider with a 30-day Elimination Period²

Limited-Time Offer

Enrol within 120 days of successfully completing residency/fellowship to take advantage of this offer with no medical questions, exams or financial disclosure required. Applications received after August 1, 2023 will be processed in September.

Eligibility

You are eligible if you are under the age of 60 and a member in good standing of an Atlantic Medical Association/ Society and:

- Have successfully completed residency/fellowship and are covered under the OMA Group Disability Insurance and/or PARO, Maritime Residents Doctors or PARNL Disability plan, or
- Are enrolled in any Canadian or United States medical resident association disability plan, or
- Have an individual disability policy, and
- Are residing anywhere in Canada (excluding Quebec) on the date application is signed, and
- Have not previously obtained coverage through the Essentials Offer

Rate Information

Coverage is simple and the premiums are exclusive. Rates depend on a variety of factors such as gender, age and smoking status, for a quote visit the rate calculator at [OMAinsurance.com/EssPhys](https://www.omainsurance.com/EssPhys).

Learn More and Enrol Now

Please contact your local New Brunswick/Prince Edward Island Insurance Advisor, Venessa Cormier at 1.800.268.7215 ext. 2976 or by email at venessa.cormier@oma.org. Or your local Nova Scotia Advisor, Jennifer Lovegrove at 1.800.268.7215, ext. 2898 or by email at jennifer.lovegrove@oma.org.

You can also contact OMA Insurance via our website at [OMAinsurance.com/contact-us](https://www.omainsurance.com/contact-us), call 1-800-758-1641 (option 1), or email us at info@omainsurance.com.

OMA Insurance provides insurance advice, service and sales on behalf of the Ontario Medical Association.

¹Choose between Step or Level rates; if no option is selected you will automatically be enrolled in Step-Rates. You have the option to convert to Level Rate up to age 65 with no medical evidence. Step-Rates change according to your age band (30, 35, 40, 45, 50, 55, 60, 65) at the time of the plan renewal. The Level premium rates have been designed to remain level over time as you age and cannot be adjusted on an individual basis due to changes in your age health. However, Level premium rates may change from time to time on a group basis depending on the insurance costs of the group. While we cannot guarantee that rates will not be adjusted in the future, the OMA Disability Insurance Plan has a long history of stable rates. Premiums are renewable yearly and subject to applicable provincial taxes.

²The Elimination Period is the period of time you must be disabled before benefits become payable.

³The option exists at time of application and as you move through your career. Our OMA program automatically adds certain riders to your coverage which you can cancel at any time. Please refer to your certificate and the policy for further details.

⁴Provided you are practising a minimum of 25 hours per week within 120 days of successfully completing your residency/fellowship program and under the age of 50.

⁵Amount of Disability insurance coverage is determined by the policy number of your application.

⁶Term Life Plus 75 insurance coverage begins to reduce at age 66. Premiums do not reduce. If you have existing in-force life insurance coverage previously obtained under the OMA Student offer you are not eligible. Amount of life insurance coverage is determined by the policy number of your application. The total amount of coverage available under the Existing Life Policy for those who have not submitted to medical underwriting is \$200,000. Therefore, the total amount of coverage issued to any person under the Existing Life Policy will be reduced by any other OMA live coverage that has been obtained without medical underwriting.

OMA Disability Insurance and Professional Overhead Expense Insurance is underwritten by Canadian Premier Life Insurance Company, which operates under the brand name Securian Canada. Canadian Premier Life Insurance Company, which operates under the brand name Securian Canada, is the insurer of this product. To contact, call 1-844-894-0378 or visit www.securiancanada.ca. For complete details regarding coverage, please see the terms and conditions of Policies 17849, 140004 and 20647. If there is any conflict between this document and the wording of the policies (or the certificate), the wording of the policies will govern. A copy of the policy may be requested.

OMA Life Insurance is underwritten by New York Life Insurance Company. The life insurance material describes the Group Term Plus 75 coverage under Policy G-29500 in very general terms. Complete terms are governed by the group insurance policy issued by New York Life Insurance Company, Canadian Chief Agency, 2100 Scotia Plaza, 40 King St. West, Toronto, Ontario M5H 3C2 on Policy Form GMR-FACE for (Life Insurance). If you become insured under the policy, you will receive a certificate of insurance outlining the details of your coverage. Coverage will continue as long as premiums are paid when due.

This offer can be withdrawn at any time without notice. Premium rates and discounts are not guaranteed and are subject to change upon notice.

Exclusions and limitations may apply.

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