



WELLNESS WIRE



Dear Plan Members



Your benefits plan is built on more than coverage — it's built on care, clarity, and connection.

This month, we're sharing a few important updates, along with resources to help you make informed decisions with confidence.

Each story in this edition reflects one goal: helping you live and work well, wherever you are.



In this newsletter you will find:

Key plan updates, new coverage options, important reminders, and more.
Keep reading!



Brand Name Drug Coverage Update

WHAT'S CHANGING—AND HOW TO PREPARE

If you are currently taking a brand name medication, there is an upcoming change to be aware of.

Starting **June 30, 2026**, coverage for brand name drugs that were previously grandfathered will come to an end. The plan will continue to cover generic or lower-cost alternatives (LCA) where they are available.

WHAT THIS MEANS FOR YOU

If you are using a brand name drug:

- You may be asked to **switch to a generic or lower-cost alternative**, or
- Choose to **continue the brand name drug and pay the cost difference**

IF A GENERIC DOESN'T WORK FOR YOU

We understand that this may not be suitable for everyone.

If you and your doctor determine that the generic alternative isn't appropriate—for example, due to an adverse reaction—you can request continued coverage for the brand name drug.

Your physician can complete a [Request for Brand Name Drug Coverage form](#), which is reviewed by Canada Life for approval.

WHAT YOU SHOULD DO NOW

If this applies to you, we recommend taking a bit of time now to:

- Speak with your doctor or pharmacist
- Review your options and next steps

Canada Life will also be reaching out directly to affected members with more details.

Freedom to Choose Insurance

NEW OPTIONAL COVERAGE AVAILABLE APRIL 1, 2026

Starting April 1, 2026, Canada Life will introduce Freedom to Choose insurance for members covered under the IATSE Local 891 ELHT.

This optional coverage allows you to choose additional protection for yourself and your family, based on your needs.

WHAT THIS COVERAGE INCLUDES

- Life insurance
- Critical illness insurance
- Accident insurance

These options are designed to provide financial support in unexpected situations, such as illness, injury, or loss of life.

APPLY EARLY — NO MEDICAL EVIDENCE REQUIRED (LIMITED TIME)

Members under age 65 can apply for coverage without medical evidence up to:

- \$150,000 (life insurance)
- \$25,000 (critical illness)

Deadline: May 1, 2026

After this date, the non-evidence maximum for life insurance reduces to \$25,000.

KEY FEATURES

- Coverage is portable — you can keep it even if you leave the plan
- Flexible coverage amounts based on your needs
- Payment options include credit card or pre-authorized debit



IF YOU CURRENTLY HAVE OPTIONAL LIFE

- Your existing coverage continues unchanged until June 30, 2026
- No new changes or increases can be made under the current policy after April 1, 2026
- You will receive a renewal notice in June 2026 with options to:
 - Continue your existing coverage, or
 - End it if you choose Freedom to Choose

There is no immediate change to your current coverage.

HOW TO APPLY

You can apply through My Canada Life at Work under “Options for you.”

If you do not have an account, you can request a personalized link using your Member ID.

For questions, you can contact Canada Life directly:

- Email: freedom.insurance@canadalife.com
- Phone: 1-833-725-0257 (Mon–Fri, 8 a.m. to 6 p.m. ET)



WHAT TO EXPECT NEXT

- No action is required if you wish to keep your current Optional Life coverage
- Renewal information will be shared in June 2026
- Additional resources will be available on the *Benefits of Film* website

Supporting Your Mental Health at Work

MAY 4–11 MARKS MENTAL HEALTH WEEK

May 4–11 marks Mental Health Week — a time to raise awareness, reduce stigma, and focus on mental wellbeing.

As part of this week, Canada Life is hosting a free public webinar designed to help you navigate conversations at work with confidence.



HOW TO ADVOCATE FOR YOURSELF TO SUCCEED

Speaking up at work can feel uncomfortable—even when it could help you perform at your best. This session introduces a practical and respectful approach to communicating your needs while maintaining strong working relationships.

Delivered in collaboration with Workplace Strategies for Mental Health, the webinar is grounded in real experiences and psychological health and safety principles.

WHAT YOU'LL LEARN

- How to communicate your needs clearly and constructively
- Ways to build confidence in workplace conversations
- Strategies to strengthen relationships while advocating for yourself

EVENT DETAILS

- Date: Wednesday, May 6, 2026
- Time: 1:00–2:00 p.m. (ET)
- Format: Live webinar (recording available afterwards)
- Language: English with French interpretation
- Interactive: Live Q&A via Slido



A Closer Look at Your Plan

We recently introduced an initiative that invites department chairs to attend a Trustee meeting for a short duration. It offers a chance to better understand how the plan is managed, how decisions are made, and how Trustees work together with AGA and our partners to support members.

For many, it is also an opportunity to see first-hand the care and thought that goes into maintaining and strengthening the plan over time.

"I was honoured to be invited to attend the breakfast meeting on March 4 at the Pinnacle Hotel. It was a very positive and engaging experience for me.

The meeting was informative, particularly in understanding the Trust's early beginnings, its growth over time, and how the Trustees and AGA work together to bring the best Health Benefits plan to members.

I came away feeling proud of the work being done and grateful to be part of a plan that is so well regarded."

(Edited for length and clarity)

*— Pauline L. Tremblay
Hair Department Chair
IATSE Local 891*