

Cost Plus Information Package

 **COST EFFICIENT BENEFIT PLAN**
(Division of Paloma Ventures Ltd.)

www.
COST
PLUS.ca 

Serving all of Canada
Private Health Services Plan (PHSP)
www.costplus.ca

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Your Cost Efficient Benefit Plan Information Package

There are more small businesses and home offices today than ever before. Growth in this business sector has resulted in more choice of benefits available to the small business.

Cost Plus is a specialty health and dental program designed for individuals (sole proprietors) and owners of small companies. Cost Efficient Benefit Plan provides the Cost Plus service at very reasonable rates.

What is Cost Plus?

Cost Plus is a Private Health Services Plan (PHSP).

Cost Plus was introduced as a cost efficient and tax effective means of providing health and dental benefits for small and medium sized businesses. If you have an incorporated business or operate as a sole proprietorship, you qualify. The size of the business does not matter. There may be one or numerous employees.

Cost Plus provides up to 100% coverage on all Health, Dental and Vision care related expenses not eligible under your Group Insurance Plan.

Cost Plus can supplement existing health care plans that do not offer full coverage. Alternative benefit plans normally do not provide the coverage desired or are simply not cost efficient as is cost plus .

Cost Plus fills the gap. You never pay for the coverage you don't use or need.

Cost Plus covers all health-related expenses eligible under the Canada Revenue Agency *Income Tax Act*.

Cost Plus is an inexpensive way for incorporated employers and sole proprietors to provide tax free health and dental services for themselves and their dependents, their employees and their dependents. These services, available through Cost Efficient Benefit Plan are 100% tax deductible to the corporation or the sole proprietor.

Using Cost Plus the employer defines which employees participate and sets the level of coverage.

Cost Plus offers flexible coverage as defined under the *Income Tax Act*. The health and dental expenses of one's parents or grandparents may now be covered under Cost Plus. Please contact Cost Efficient Benefit Plan for more information.

Phone: Calgary Head Office: 403.282.3776; toll free: 1.800.651.3776
British Columbia: toll free: 1.844.498.0047
Northern Alberta: 780.377.1000; toll free: 1.855.575.5900
Eastern Canada: toll free: 1.866.965.2201

Email: info@costplus.ca

How Does Cost Plus Work?

You pay your health and dental expenses as you normally would.

Your business then pays Cost Efficient Benefit Plan (the plan administrator) a payment to cover the health and dental expenses plus an 5% administration fee (both of which are tax deductible).

Cost Efficient Benefit Plan then provides you (the employee) with a tax free reimbursement of the health and dental expenses incurred.

What is Covered Through Cost Plus?

The list below is not exhaustive. If you have any questions or concerns, please call.

Premiums for Health Care Plans

Premiums paid to any non-government medical or hospital care plan, e.g. Blue Cross, London Life, etc.

Professional Services

In general, any medical service performed by a qualified medical practitioner * , including but not limited to the following:

Acupuncturist (qualified)	Naturopath (ND)	Orthopedist	Psychoanalyst
Chiropractist	Neurologist	Pediatrician	Psychologist (if licensed)
Chiropractor	Obstetrician	Pharmacist	Registered Nurse
Dental Hygienist	Occupational Therapist	Physician	Speech-language Pathologist or Speech-language Audiologist (treatment for pathological or audiological impediments)
Dental Mechanic	Oculist	Physiotherapist	
Dentist	Ophthalmologist	Plastic Surgeon	
Dermatologist	Optician	Podiatrist	
Dietitian	Optometrist	Practical Nurse (for medical service)	Surgeon
Gynecologist	Orthodontist	Psychiatrist	Therapist or Therapist
Massage Therapist	Osteopath		

*** Note: A qualified medical practitioner means a person who is authorized to practice in accordance to the laws of the province and certified according to the practitioner's governing body.**

Dental Services

Dental X-Rays	Extracting Teeth
Dental Repair and Replacement including implants	Filling Teeth
Dentures including repair and replacements	Gum Treatment
Examinations	Oral Surgery
	Straightening Teeth

Laboratory Examinations and Tests

Blood Tests	Metabolism Tests	Stool Examination	X-Ray Examination
Cardiographs	Spinal Fluid Tests	Urine Analysis	

Hospital Services

Anesthetist	Oxygen Masks, Tent	Vaccines
Hospital Bills	Use of Operating Room	X-Ray Technician

Prescribed Medical Treatments

Blood Transfusion	Healing Services	Pre-Natal, Post-Natal	Ultraviolet Ray
Bone Marrow or	Hydrotherapy	Treatments	Treatments
Organ Transplant	Injections	Psychotherapy	Whirlpool Baths
Diathermy	Insulin Treatments	Radium Therapy	X-Ray Treatments
Electric Shock	Nursing (by	Speech Pathology or	
Treatments	Registered Nurse)	Audiology	

Medicines

Any non-prescription medicines (over the counter) prescribed by a qualified medical practitioner and recorded by a licensed pharmacist	Liver Extract (injectable for pernicious anemia)
All Prescription Drugs	Oxygen
Insulin or substitutes	Tapes or Tablets - for sugar content tests by diabetics, if prescribed
	Vitamin B12 for pernicious anemia

Materials and Apparatus (including repairs and replacement batteries) Which are Prescribed by a Recognized Medical Practitioner

Any medical apparatus or material prescribed by a doctor, dentist, nurse or hospital including but not limited to the following:

An external breast prosthesis

Any device designed to assist walking where the individual has a mobility impairment

Contact lenses

Devices designed to assist a person to use bathtubs, showers or toilets

Devices designed to enable individuals with a mobility impairment to operate a vehicle

Devices used by individuals suffering from a chronic respiratory ailment or a severe chronic immune system disregulation (air cleaner, filter, purifier)

Electronic or computerized environmental control systems for individuals with severe and prolonged mobility restrictions

Electronic speech synthesizers for mute individuals

Equipment that enable deaf or mute persons to make and receive telephone calls including visual ringing indicators, acoustic coupler, teletyping, which makes telephone communication possible with other persons

Extremity pumps or elastic support hose to reduce lymph edema swelling

Eye glasses

Hearing aids

Heart monitors or pace makers

Hospital bed, including any attachments

Inductive coupling osteogenesis stimulator

Infusion pumps for diabetics, including peripherals and devices to measure blood sugar levels

Monitors attached to babies identified as being prone to sudden infant death syndrome

Needles or syringes for giving an injection

Optical scanners or similar devices to enable a blind individual to read print

Orthopedic shoes or boots

Oxygen tent

Power operated guided chair installation for stairways

Power operated guided lifts and transportation equipment designed to allow access to buildings, vehicles, or to allow wheelchair access to a vehicle

Synthetic speech systems, Braille printers, and large print-on-screen devices that enable blind persons to utilize computers

Television closed captioning decoders

Wigs if required as a result of disease, accident or medical treatment

We strive to provide our clients and friends with Cost Efficient and Tax Saving methods for today's changing market through the best level of customer service possible. Management

Other Eligible Expenditures

Ambulance charges

Homemaker service and Home Care for the disabled (attendant must be a non-relative)

Laser eye surgery

Prescription birth control pills

Reasonable expenses relating to renovations to a dwelling for patients with severe and prolonged mobility impairment (eg. wheelchair ramp, lifts, bath facilities) (See CRA Guide for details)

Rehabilitative therapy, lip reading, and sign language training

Specifically trained animals to assist blind, deaf, or severely impaired persons, including the cost of its care and maintenance

Transportation costs to hospital, clinic or doctors office to obtain services not otherwise locally available; distance one way must be at least 40 km (see CRA guide for limitations and details)

Travel, meals and accommodation costs (for a patient and an accompanying attendant) may be eligible if 1. Equivalent medical services are not available locally; 2. The route traveled is reasonably direct; 3. Medical treatment is reasonable and distance traveled one way is at least 80 kilometers. (See CRA Guide for limitations and details)

Materials and Apparatus Which Don't Require a Prescription

Any device to aid the hearing of a deaf person including bone conduction telephone receivers, extra loud audible signals and devices to permit volume adjustment of telephone equipment above normal levels

Artificial eye

Artificial kidney machine, including installation and operating costs

Artificial limb

Blood sugar level measuring devices for diabetics

Brace for a limb

Catheters, catheter trays, tubing, diapers, disposable briefs required by incontinent persons

Colostomy pads

Crutches

Hernia Truss

Illeostomy pads

Iron lung

Laryngeal speaking aid

Spinal brace

Wheelchair, or scooter used in place of a wheelchair

The Following Expenditures Are Not Covered Under this Plan

Air conditioners*, humidifiers, or dehumidifiers

Antiseptic diaper service

Birth control devices (no prescription)

Blood pressure monitoring devices

Cosmetic procedures

Expenses must be for diagnostic, therapeutic, or rehabilitative services. Some cosmetic procedures qualify if required for medical or reconstruction purposes and must be so stated in writing by your medical practitioner. Expenses incurred for purely cosmetic procedures are not eligible medical expenses; for example, teeth whitening, liposuction, hair replacement procedures, botulinum toxin (botox) injection, face lifts and breast augmentation. These and any related devices and services were disallowed under new regulations effective March 4, 2010.

Cost of missed appointments

Gym memberships

Health programs offered by resort hotels, health clubs

Homeopathic medicaments and herbal supplements

Hospital parking (unless it can be included in long distance travel)

Illegal operations, treatment or drugs

Maternity clothing

Medical expenses for which you are reimbursed or are entitled to be reimbursed from other plans

Over-the-counter products (vitamins, supplements, aspirin, bandages, etc)

Payments to a municipality where the municipality employed a doctor to provide medical services to the residents of the municipality

Reiki practitioner

Rolf therapy (unless paid to a physician)

Scales for weighing food

Special foods or beverages are not an eligible expense. However, if food or beverages are taken to alleviate or treat an illness and not nutritional, they may be allowed. Such claims must be accompanied by a letter from a medical doctor

Toothpaste; toothbrushes

Umbilical cord blood extraction and storage

* The first 1,000 or 50%, whichever is less of an air conditioner is eligible if prescribed by a medical practitioner as being necessary to assist an individual in coping with severe chronic ailment, disease or disorder

IMPORTANT - Provincial Health Care Premiums ARE NOT eligible expenditures

What is the Cost?

There is a one time enrollment fee of \$100.00, and a 5% administration fee.

There are no monthly premiums to pay. The Plan is used only when health related expenses are incurred.

What are the advantages for using Cost Plus?

Benefit for the Business

100% Tax deductible

No premiums

Employer decides the range of options

Fast claims processing

Canada Revenue Agency back-up and support

Benefit for the Owner

100% coverage of all health and dental

Tax free benefits

Easy to understand

Can supplement existing coverage

Fast claims processing

What do you Save?

Example:

On a \$1,000 health or dental expense you save from \$200 to \$450 depending on your tax bracket. The higher your income, the higher your savings.

With the ever increasing cost of health and dental expenses, Cost Plus is the health care plan every small and medium size business should not be without.



Cost Efficient Benefit Plan

(Div. of Paloma Ventures Ltd.)

234, 5149 Country Hills Blvd. NW, Ste. 513, Calgary, Alberta T3A 5K8
Tel: 403-282-3776 Fax: 403-202-5046 Toll Free: 1-800-651-3776

Cambridge, ON: Toll Free: 1-866-965-2201

Website: *www.costplus.ca*

Enrollment Form

Company

Incorporated

Sole Proprietor

Employee

Company: _____ **Co. Year End:** _____

(The employer) Bus. Address: _____

City: _____ **Prov:** _____ **Postal Code:** _____

Bus. Phone: _____ **Fax:** _____

Accountant: _____ **Referred By:** _____

*To enroll in the Plan please complete **Section One** and have employer complete **Section Two**.*

Section One

Employee Name (*please print*)

Home Address

Date of Birth

D / M / Y.

Home Phone: _____

Cell Phone: _____

e-mail: _____

City Prov. Postal Code

Listing of Dependents: *Please list all dependents that will be covered under this plan.*

Name of Dependent(s)	Relationship	Date of Birth
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Dependent(s) are defined as follows:

- a) A spouse who is either legally married to or living common-law with the employee and is publicly represented as the employee's partner.
- b) Any financially dependent member of the employee's household with whom the employee is connected by blood relationship, marriage or adoption.

I wish to participate in the **Private Health Services Plan (PHSP)** provided by **Cost Efficient Benefit Plan** and the above information is correct.

Date

Employee Signature:

D / M / Y

X _____

Section Two

Employer Approval

I hereby confirm that the employee mentioned above is an eligible employee

Eligibility Effective Date:

Authorized Employer Signature

D / M / Y

X _____

One Time Company Enrollment Fee \$100.00 plus tax
There is no cost for Employee Enrollments



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Edmonton, Alberta
Phone: (780) 377-1000
Toll Free: 1-855-575-5900

Cambridge, Ontario
Toll Free: 1-866-965-2201

Eligible under the Tax Regulations:

Under current CRA tax regulations, incorporated businesses and eligible sole proprietors can use the services of a third party administrator to “Cost Plus” eligible medical expenses as defined in *The Income Tax Act*.

Terms:

1. Coverage

The plan covers, for the people listed on the enrollment form, all hospital, medical and dental expenses that qualify as such expenses under the Income Tax Act of Canada (ITA) and are not prohibited by law.

2. Claim Submission, Approval and Payment

The Policyholder shall submit receipts and payment for all claims listed plus the administration fee and applicable tax. The Administrator (Cost Efficient Benefit Plan), on receipt of a claim from the employee of the Policyholder, shall determine whether the claim is for an expense covered by the plan. The Administrator shall issue payment for the eligible claim directly to the individual listed on the enrollment form and shall provide notification of such payment to Policyholder if they are not the same.

3. Consent to Communicate by E-Mail

The Policyholder, by providing the email address requested above, hereby gives consent under Canada's anti-spam legislation (CASL) to Cost Efficient Benefit Plan to send information relevant to our business relationship, including but not limited to reminders, announcements and clarification of claims and other information about our services. You have the ability to withdraw your consent at any time.

4. General

The laws in force in Alberta govern this agreement. If any provision of this agreement is changed by the Federal or Provincial Government, this will affect the agreement of this form.

Policyholder:

(Company)

(Signature)

Date: _____

Administrator
Cost Efficient Benefit Plan

(Office Use Only)

Attach void cheque below (banking information for electronic payment of reimbursement):

Email: info@costplus.ca

Web Site: www.costplus.ca

A Private Health Services Plan (PHSP)

Contact Information

If you have further questions or would like to talk to a representative, please do not hesitate to contact us at Cost Efficient Benefit Plan. We will answer all your questions.

Calgary head office

Phone: 403.282.3776

Toll free: 1.800.651.3776

Fax: 403.202.5046

British Columbia

Toll free: 1.844.498.0047

Northern Alberta

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Mailing address

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