



*It's about...*  
**peace of mind.**

### Group Medical Services

We have been serving the individual and group health and travel insurance needs of thousands of Canadians, many of your friends and neighbours – for more than 50 years.

We're Canada's experts in health coverage, offering a wide range of plans and options, delivering quick claims reimbursement and providing friendly, knowledgeable, personalized service.

Some people think that individual health coverage may be beyond their means. At GMS, our affordable health insurance complements your provincial health plan and can be tailored to meet your personal needs with options for prescription drugs, dental care and hospital cash.

To help make sense of it all, our team of trusted insurance brokers and friendly, knowledgeable Customer Care representatives can assist you in choosing the plan and options that are right for you.

Visit our website at [www.gms.ca](http://www.gms.ca), for complete, up-to-date information about Group Medical Services and our health and travel products.

### Also available from Group Medical Services

- ✓ TravelStar® Daily Travel Insurance
- ✓ Annual Travel Insurance Plans
- ✓ Trip Cancellation & Interruption Insurance
- ✓ Baggage & Personal Effects Insurance
- ✓ Special Risk Baggage Coverage for Laptops & Sports Equipment
- ✓ All-Inclusive Vacation Insurance Plan
- ✓ Health and Travel Insurance for Students
- ✓ Health Insurance for Immigrants and Visitors to Canada
- ✓ Conversion from Group to Individual Health Plans
- ✓ Group Benefit Plans

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Individual Health



health • drugs • dental • travel • hospital cash



### Group Medical Services

Protect your family and yourself with  
comprehensive health coverage

**INGLE**<sup>TM</sup>  
INTERNATIONAL  
**1.800.360.3234**

Group Medical Services is the  
operating name for GMS Insurance Inc.

# you and the ones you love

## Individual Health • Plans & Options



### Why Individual Health?

No matter what stage of life you're in, you can ensure your family's health care security, with supplemental health insurance coverage for everyday health needs, unexpected medical emergencies and protection from rising costs.

Group Medical Services Individual Health plans are perfect to supplement your provincial health plan when you don't receive health benefits from an employer or to enhance your current plan.

**Planning your retirement?** The employee benefits plan you're accustomed to won't likely cover your retirement years. Not to worry. Our individual plans meet specific needs with options for drugs, dental and hospital cash. If you plan to use your leisure time travelling, our travel coverage protects you in Canada and abroad.

**Group Plan Conversion.** Easily convert from any insurer's group benefit plan to a GMS Individual Health & Travel plan (including your choice of options) within 60 days and you'll be automatically accepted.

**In business for yourself?** Even the most savvy entrepreneur wouldn't leave their family's health at risk. If you're a business owner, consultant or freelancer, minimize risk and reduce costs with complete health coverage that protects you and your family without impacting your bottom line.

### OmniPlan®

OmniPlan® is your premier health and travel insurance choice for extensive coverage and benefits. It's ideal for families and individuals wanting to include health practitioner services, vision care, physiotherapy and massage therapy into their plans. With OmniPlan® you're covered for health goods and services provided anywhere in Canada, with fast claims reimbursement and friendly, personal service.

### ExtendaPlan®

If you're looking for comprehensive health coverage, ExtendaPlan® may be right for you. You'll receive 22 important benefits, including those from BasicPlan, with higher maximums. ExtendaPlan® provides additional coverage for health specialists and practitioners, hearing aids, health monitors, equipment and supplies.

### BasicPlan

BasicPlan is the best choice for health insurance at the lowest possible cost. BasicPlan provides 11 essential benefits not included in your provincial health plan including air and ground ambulance and in-hospital private duty nursing in private rooms. With coverage in your province of residence, rest assured that you'll be prepared for unexpected emergencies and protected from rising health care costs.

### Prescription Drug • Dental Care • Hospital Cash • Travel

At Group Medical Services, we recognize your unique needs, giving you the flexibility to tailor your family's health insurance plan for a custom fit. That's why we offer additional plan options – extra coverage for important health related goods and services.

**Prescription Drug** provides coverage for everyday use. If you need coverage for pre-existing medications or contraceptives and want the highest annual maximums, then **Prescription Drug - Enhanced** is the drug option for you. Both options are easy to use. GMS pays participating pharmacies directly and your claims are sent automatically, saving you time and money.

**Hospital Cash** provides personal comfort for extended hospital stays with as much as \$100 per day coverage for out-of-pocket expenses like in-room television and telephone.

With **Dental Care**, you're covered for regular preventative care like oral exams, fillings and polishing, as well as major dental procedures like crowns, bridges and dentures. Participating dentists submit claims and bill GMS directly, making a trip to the dentist a lot easier on your pocketbook.

Our **Travel** coverage provides you with affordable, annual emergency medical coverage for travel within Canada or abroad with free 24-hour worldwide assistance to obtain treatment and coordinate care.

You won't find "one-size-fits-all" insurance at GMS. Our flexible health plans custom-fit a wide range of needs and budgets.

For complete information on the full range of GMS health plans and flexible options, visit our web site, call our friendly Customer Care Centre staff, or drop by your local insurance broker's office for a brochure.

1-800-360-3234 [www.ingleinsurance.com](http://www.ingleinsurance.com)

