

Post Docs: Benefits Summary

Amounts are subject to change should the University's insurance carriers change premium rates.

GROUP PLANS

Alberta Health Care

No premiums required

Sun Life Extended Health Care Plan #100602

Cost/Month	Single	Family
Employee (20%)	\$20.40	\$59.66
University (80%)	\$81.60	\$238.68
Total	\$102.00	\$298.34

Sun Life Dental Plan #100602

Cost/Month	Single	Family
Employee (20%)	\$12.30	\$38.66
University (80%)	\$49.24	\$154.70
Total	\$61.54	\$193.36

Your Sun Life Member ID is your Employee ID number (nine-digit number on your OneCard).

MISCELLANEOUS BENEFITS

MRU ONECARD

Official University identification for a variety of University services, such as: the Library, printing services, University Recreation, and access to certain areas.

COUGARS ATHLETICS & RECREATION

Recreation Facility and Cougars Varsity game admission at no charge.
<https://mrucougars.com/>

PARKING

Please visit the [Parking at MRU webpage](#) for more information on parking instructions, rates, and more.