

Dear Retiree:

**RE: Health Shared Services Saskatchewan (3sHealth)  
Group Medical Services (GMS) Health and Dental Plan**

Your coverage under the 3sHealth Dental and Health Plans ended on the date of your retirement. The loss of this coverage happens at an age and time when personal income may be limited and individual health issues may become more frequent and severe. 3sHealth and Group Medical Services (GMS) together are pleased to inform you about the *GMS 3sHealth Retiree Benefits Plan* for retirees who previously had coverage under the 3sHealth Employee Benefit Plans.

The *GMS 3sHealth Retiree Benefits Plan* offers an affordable solution for continued benefit coverage. As detailed in the enclosed brochure, you may elect to enroll in Health Only, Dental Only, or Health and Dental. If you were covered under the 3sHealth Dental and Health Plan and make an application for coverage within 90 days of retirement you will not be required to answer any medical questions or to complete a medical exam. Your enrolment is assured in the Plan of your choice.

All administration and customer service for the *GMS 3sHealth Retiree Benefits Plan* is performed by GMS at their offices in Regina. As a Saskatchewan based non-profit company operating for over 50 years, GMS would like to assure you that you will receive the best service and claims administration available.

The GMS Plan is being offered as a service to retired 3sHealth plan members. We encourage you to review the brochure and application enclosed.

The monthly premium rates, effective June 1, 2025, for the GMS 3sHealth Retiree Benefits Plan are illustrated in the table below:

Rates	Health Only	Dental Only	Health and Dental
Single	\$101.34	\$47.08	\$148.42
Couple	\$189.69	\$94.06	\$283.75
Family	\$226.15	\$108.34	\$334.49

**Please note that should you gain and lose coverage with 3sHealth at another time, you will still be eligible for the plan with GMS, however there will not be another GMS information package sent to you by our office. You can obtain information on GMS from our website at [www.3sHealth.ca](http://www.3sHealth.ca).**

If you have questions about the GMS 3sHealth Retiree Benefits Plan, please call GMS toll free at 1-800-667-3699.

Yours truly,



Lorne Shiplack  
Director, Benefit Services  
Enclosure(s)