



FREE GUIDE • OCTOBER 2026 EDITION

Critical illness insurance

A lump sum, paid while you are alive, so you can focus on getting better instead of on the bills.

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**AT A GLANCE**

The essentials on one page

Today, many people survive cancer, heart attacks and strokes. That is wonderful news, but recovery is expensive: months off work, a spouse who takes time off to be with you, medication or care the public plan does not cover. Critical illness insurance pays a sum of money at the moment you need it most.

Lump sum

A single non-taxable payment after the diagnosis of a covered illness.

Use it as you wish

Treatment, lost income, childcare, the mortgage: you decide.

Survival period

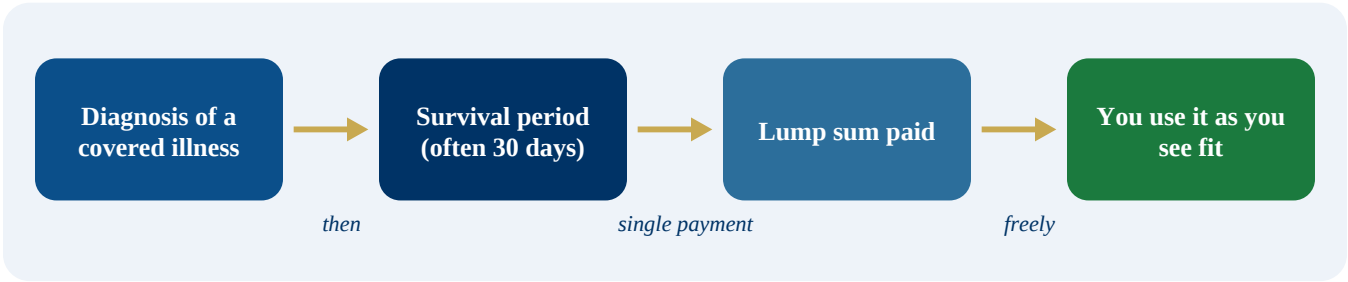
You usually need to survive 30 days after the diagnosis, depending on the policy.

Return of premium

An option lets you get premiums back if no claim is ever made.

HOW IT WORKS

Critical illness insurance

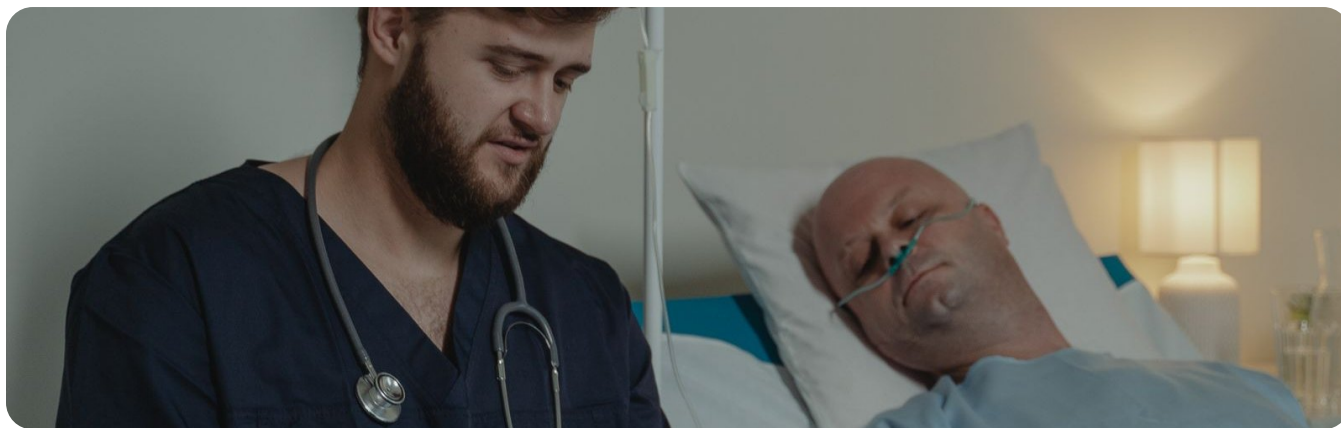


If you are diagnosed with a covered illness, such as a life-threatening cancer, a heart attack or a stroke, and you survive the period set in the contract, the insurer pays you the chosen amount in a single payment.

Policies range from a few core illnesses to more than twenty conditions. The definitions largely follow those recommended by the industry, but each insurer has its own particulars: that is where comparing really pays off.

Key terms

Benefit amount	The amount paid, for example \$25,000, \$50,000 or \$100,000.
Covered illnesses	The list and exact definitions are in the contract. The number varies by product.
Survival period	The minimum time between diagnosis and payment, usually 30 days.
Partial benefit	A reduced amount for some less severe conditions, such as an early-stage cancer, depending on the policy.
Exclusion period	Some illnesses, such as cancer, are not covered if symptoms appear in the first 90 days.



THE BENEFITS

Why it helps

01

Money when life turns upside down

The benefit arrives during the illness, not after death.

02

No receipts required

You do not have to show bills: the money is yours.

03

A complement to disability coverage

Disability replaces a monthly income; critical illness covers unexpected costs and treatment choices.

04

Return of premium

With that option, you can get your premiums back if you never fall ill.

WHO IT IS FOR

Is it right for you?

- **Parents of young children**
To keep the home and daily life stable during treatment.
- **The self-employed**
To replace income that stops abruptly.
- **People with a family history**
Applying early, while you are healthy, is essential.
- **Two-income couples**
So one spouse can take time off work to support the other.

A REAL-LIFE EXAMPLE

Nathalie, 47, an accountant in Québec City, is diagnosed with breast cancer. Her employer keeps paying part of her salary, but she has to be away for almost a year and her spouse cuts his hours to be with her.

One month after the diagnosis, her critical illness policy pays her \$75,000 in a single, non-taxable payment. She pays off her line of credit, pays for a treatment that is not covered and takes the time to heal without worrying about the bank account.

OPTIONS AND PITFALLS

Choosing well, without surprises

Common options

Basic or extended coverage	From a few major illnesses to more than twenty conditions.
Term, to age 75 or lifetime	Depending on the need and the budget.
Return of premium at death or expiry	To get back all or part of the premiums paid.
Children's coverage	Policies designed for childhood illnesses, convertible in adulthood.

WHAT TO CHECK BEFORE YOU SIGN

- The illness definitions: two policies that cover "25 illnesses" can be very different.
- The 90-day exclusion period for some cancers.
- Personal or family medical history declared on the application.
- The cost of the return-of-premium option, compared with the value it provides.

NEXT STEPS

The right questions to ask

Before you decide, ask yourself:

- Which illnesses are covered, and under what definitions?
- What amount would let me breathe for a year?
- Is the return-of-premium option worth its cost for me?
- How does this coverage fit with my disability insurance?

I compare products from several insurers and lay the numbers out side by side. A 30-minute meeting, in person in Montréal, by Google Meet or by phone, is usually enough to see clearly.

BOOK A MEETING

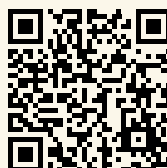
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Run the numbers

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IMPORTANT NOTICES AND SOURCES

Please read

- This guide provides general information. It is not personalized tax, legal or financial advice, nor a product recommendation. A needs analysis is required before any recommendation.
- The coverage, exclusions, fees and conditions that apply are those of the contract issued by the insurer, which alone is authoritative. Examples are illustrative and are not a quote.
- I am an independent representative: I am not bound to any insurer by an exclusivity agreement and I compare products from several insurers. I am paid by commission from the insurer; I will disclose it on request.
- Figures and rules in effect in October 2026; they may change. Images: Pexels photographs (Pexels licence) and illustrations generated by artificial intelligence; the people shown are models or fictional characters.

Sources consulted

- Canadian Life and Health Insurance Association (CLHIA), recommended minimum definitions
- Standard contracts of Canadian insurers, reviewed in October 2026