



FREE GUIDE • OCTOBER 2026 EDITION

Disability insurance

Your ability to earn an income is your most valuable asset. This insurance protects it.

Jean Carrière • Financial Security Advisor



AT A GLANCE

The essentials on one page

We insure our house, our car, our phone. Yet what pays for everything else is our income. A back injury, a depression, a cancer: a six-month absence is enough to drain a family's savings. Disability insurance replaces part of that income while you recover.

A monthly income

Benefits paid every month if illness or an accident keeps you from working.

Not taxable

When you pay the premiums of an individual policy yourself, benefits are generally not taxable.

Waiting period

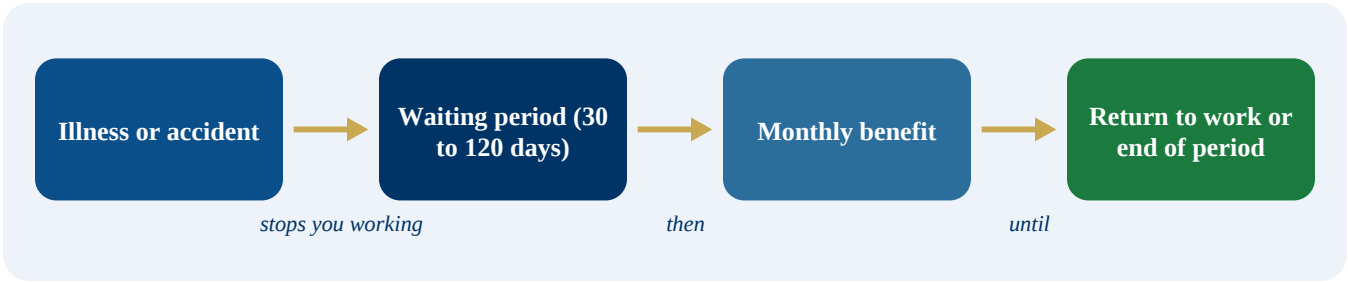
The time before the first benefit payment: often 30, 90 or 120 days.

Benefit period

From two years to age 65, depending on the policy chosen.

HOW IT WORKS

Disability insurance



If an illness or accident leaves you unable to work, as defined in the policy, and once the waiting period has passed, the insurer pays you a monthly benefit. It continues until you return to work or until the end of the benefit period.

The insurable amount is a percentage of your income, set by the insurer, so that the benefit does not exceed what you were earning. The definition of disability is the heart of the contract: inability to perform your own occupation, or any reasonable occupation given your training.

Key terms

Waiting period	The number of days of disability before the first payment. The longer it is, the lower the premium.
Benefit period	The maximum length of payments: 2 years, 5 years or to age 65.
Own occupation	You are considered disabled if you can no longer perform your occupation, even if you could do another.
Any occupation	You are disabled only if you cannot perform any reasonable job given your training and experience.
Partial or residual disability	A reduced benefit if you return to work part-time or with a loss of income.



THE BENEFITS

Why it helps

01

Your budget holds up

The mortgage, the groceries and the children's education keep getting paid.

02

Benefits often not taxable

When you pay the premiums of an individual policy yourself.

03

Coverage that follows you

Unlike group insurance, it does not depend on your employer.

04

Options built for the self-employed

Who often have no other income protection.

WHO IT IS FOR

Is it right for you?

- **Self-employed workers and entrepreneurs**
No group insurance, no bank of sick days: without income, everything stops.
- **Professionals**
Doctors, dentists, engineers, accountants: the own-occupation definition protects the specialty.
- **Tradespeople**
Electricians, plumbers, mechanics: an accident can keep you off work for months.
- **Under-covered employees**
Those whose group coverage is capped, taxable or non-existent.

A REAL-LIFE EXAMPLE

Simon, 38, a self-employed electrician, earns about \$85,000 a year. A fall on a job site fractures his shoulder: eight months off work.

Without coverage, he would have dipped into his savings and then his line of credit. With an individual policy and a 30-day waiting period, he received a non-taxable monthly benefit from the second month until he went back to work. His family kept its standard of living.

OPTIONS AND PITFALLS

Choosing well, without surprises

Common options

Waiting period	30, 60, 90 or 120 days: choose it according to your savings cushion.
Benefits to age 65	The best protection against a long disability.
Cost-of-living adjustment	So the benefit keeps up with inflation during a prolonged disability.
Business overhead expense	For entrepreneurs: pays rent, salaries and fixed business costs during the absence.
Future insurability option	To increase coverage later, as income rises, with no new medical evidence.

WHAT TO CHECK BEFORE YOU SIGN

- The definition of disability: it determines whether you will be paid. Read it carefully.
- Exclusions and declared pre-existing conditions.
- Coordination with the SAAQ, the CNESST or group insurance: some benefits reduce one another.
- Declared income: it must be documented, especially for the self-employed.

NEXT STEPS

The right questions to ask

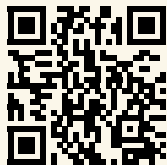
Before you decide, ask yourself:

- How many months could I last without income?
- Which definition of disability really protects me?
- Is my group coverage taxable, and is it enough?
- Do I need business overhead expense coverage?

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

maprime.ca/rendez-vous-en · 438 889-6474 · info@maprime.ca



Run the numbers

Scan the code with your phone's camera: the free Maprime.ca calculator gives you a first estimate in two minutes, with no sign-up.

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Request a quote

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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

- Canada Revenue Agency, tax treatment of disability insurance benefits
- Standard contracts of Canadian insurers, reviewed in October 2026