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ONA Long Term Disability Rates*								
As of January 1, 2026								
Age Band	<30	30-34	35-39	40-44	45-49	50-54	55-59	60-64
Per $250 of monthly benefit	$3.95	$5.52	$7.90	$10.90	$14.48	$17.59	$17.37	$9.96

*Over and above your ONA provided $250 monthly LTD coverage

Note: Applicable taxes will be added to these monthly premium rates

- Ontario retail sales tax, 8%
- Quebec sales tax, 9%