

Pension & Benefits Reference Contacts – Feb 18, 2026

Pertains To	Website	Phone #	Details
<p>RCMP Pension administered by</p> <p>Public Works and Government Services Canada (PWGSC)</p>	<p>www.rcmp-grc.pension.gc.ca</p> <p>https://www.tpsgc-pwgsc.gc.ca/remuneration-compensation/index-eng.html</p>	<p>1-855-502-7090 (all ranks other than below)</p> <p>1-855-502-7088 (for levels EX-01-C/ Supt. & above)</p> <p>1-800-561-7930 Public Servants</p>	<p>Have the Pension number and/or HRMIS number available.</p>
<p>Veteran's Affairs Canada (VAC)</p>	<p>www.veterans.gc.ca</p> <p>Select My VAC Account Select Sign In Sign-in Partner or GC Key Input Username & Password</p>	<p>1-866-522-2122</p>	<p>Have the CSDN – “K” Number available.</p>
<p>Canada Pension Plan (CPP) Old Age Security (OAS) Guaranteed Income Supplement (GIS) Survivor's Benefit Disability Payments</p>	<p>www.canada.ca/en/services/benefits/publicpensions.html</p> <p>Select language of choice Select Benefits Select Pensions</p>	<p>1-800-277-9914</p>	<p>Have the Social Insurance Number (SIN) available.</p>
<p>RCMP Group Life and Accidental Death and Dismemberment Plan</p> <p>Administered by SEB Administrative Services</p>	<p>www.pbs-sra.ca</p> <p>Input User ID & Password You may enter as GUEST or SURVIVOR</p> <p>On June 14, 2021, the administration of the RCMP Group Life Insurance Plans was transferred to SEB Administrative Services. For information or to make changes to your group life insurance coverage, please visit https://fp.seb-admin.com/fpconnect#!/rcmp-grc or contact the RCMP Group Life Insurance Centre from Monday to Friday between 7:30 a.m. and 6:00 p.m. Eastern Time (E.T.) at: 1-877-778-8084.</p>	<p>1-877-778-8084</p>	<p>Have Pension number &/or HRMIS number &/or other personal information available.</p>
<p>Public Service Health Care Plan – PSHCP (Canada Life)</p>	<p>Canadalife.com/pshcp and Public Service Health Care Plan - Canada.ca</p> <p>Each member's Contract number depends upon month of birth (EG - dependent's contract number could be 52115 or other similar) Certificate Number remains as before.</p>	<p>1-855-415-4414</p>	<p>Have individual Group Contract Number & Certificate number available</p>

Blue Cross - Medavie	www.medaviebc.ca Select Account Login Select VAC Input Username & Password	1-888-26 1-4033	Have Client Number available.
Pensioners' Dental Services Plan - PDSP (Canada Life)	Effective Nov1/2024 – administered by CANADA LIFE Each member's Contract number depends upon month of birth (EG - dependent's contract number could be 92115 or other similar) Certificate Number remains as before.	1-865-41 5-4414 Canada Life	Have Group Contract Number & Certificate Number available.
Bureau of Pension Advocates (VAC)	www.veterans.gc.ca <u>How to review or appeal a decision - Veterans' rights - Veterans Affairs Canada</u>	1-877-22 8-2250	If you applied for disability benefits from VAC & received a negative response to the application, you may qualify for support from the Bureau of Pensions Advocates.
Canada Revenue Agency Disability Tax Credit (DTC)	https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html	1-800-95 9-8281	Require SIN
GST Office	https://www.google.com/search?client=firefox-b-1-d&q=gst+office+canada	1-800-95 9-8281	
VAC ASSISTANCE SERVICE	24/7 PSYCHOLOGICAL SUPPORT FOR VETERANS & SPOUSES and FAMILIES	1-800-26 8-7708	NO FEE
Canada wide suicide call line	Support for all	988	No charge