N O T I C E

IMPORTANT NOTICE TO LONGLAC EMPLOYEES
RE GROUP OPENING DATES ON YOUR BENEFIT PLANS

PHYSICIANS SERVICES INCORPORATED (P.S.I.)

Group open October 25th - November 12th, 1956 ONLY WITH NO EXTENSIONS
FOR CONTRACTS EFFECTIVE FEBRUARY 15, 1957

Present Subscribers May Add: (1) Dependents not registered within
proper eligibility period - e.g. (a) wife may be added if you did
not report to P.S.I. within the 30 days allowed following marriage;
(b) dependent child may be added if you did not report to P.S.I.
within the 15 days following the birth of the child.

Non-Subscribers May Join: Permanent employees who have not joined
either at the inception of the plan or at later group opening
dates may now enrol with their families.

Monthly Rates - $2.20 month   Single subscriber
              $5.10 month   Subscriber and 1 Dependent (e.g. wife)
              $7.50 month   Subscriber and 2 or more dependents
                          (e.g. full family)

Of the above amounts the Company contributes $1.00 per month per
contract.

Additional Information and Enrolment or Change Cards Available at
the Employment Office.

BLUE CROSS - HOSPITAL PLAN

Group Open October 25th - November 12th, 1956 WITH NO EXTENSIONS,
FOR CHANGES IN CONTRACT EFFECTIVE JANUARY 15, 1957

Present Subscribers May Add: Dependents not previously registered;
e.g. (a) wife may be added if you did not report your marriage
within the eligibility period (b) adopted children may be added -
natural born children are automatically covered on your contract.

Important Note to Family Subscribers: Your child who reaches age
18 during this year ceases to be covered under your Blue Cross Con-
tract on December 31st of this year. To provide coverage beyond
that date a Dependent - Subscriber application must be completed
and a single subscription rate paid on the 18-year old's behalf
starting on January 15, 1957.

Monthly Rates - (Present) - $1.90 month Single - $4.70 month Family

(The $1.90 portion paid for every employee by the Company)

Additional information and enrolment or change cards available at
the Employment Office.

DON'T LET YOURSELF OR FAMILY SUFFER THROUGH NON-PARTICIPATION

IN THESE TWO EXCELLENT PROTECTION PLANS