



First Nations Health Authority
Health through wellness

Communique | Health Benefits Meal and Mileage Rate Increase

Effective October 1, 2014: Health Benefits will be introducing an additional increase in the daily meal rate as well as an increase in the kilometric (mileage) rate.

The additional investments are a direct result of our on-going dialogue with First Nations communities and the First Nations Health Directors Association.

As of October 1, **the new meal and mileage rates are in bold**, as follows:

For trips that are up to seven (7) nights in duration:

- **\$48 per night's stay (increased from \$40 per night's stay)**
- \$25 per night's stay for children under 9

For trips that are seven (7) or more nights in duration, a weekly rate will apply

- A maximum weekly rate of \$163 per week, inclusive of the escort

The same-day travel rate of \$10 for trips that are 6 hours or more in duration has not changed.

The per kilometre allowance for private vehicles will increase to **\$0.22.5/kilometre (increased from \$0.20)**. There will also be a **\$0.29/kilometre** for communities experiencing higher travel costs. Health Benefits is currently working with Regional Directors to determine criteria and processes for eligibility for the higher rate.