The CSQ group insurance plan covers most members of the Centrale.

- The plan is uniquely flexible: 3 health insurance options are offered – simply choose the coverage that meets your needs (Health 1, 2 or 3).
- All health insurance plans offer travel insurance with assistance and cancellation insurance, as well as broader prescription drug insurance coverage than offered by the public plan.
- An optional life insurance plan for yourself and your dependents is available at a low cost.
- This plan provides **incomparable exclusive long term disability insurance (plan B)**: in case of long term disability, you are covered until the age of 65 if you are unable to perform the normal tasks of your original job.
- The CSQ’s group insurance plan is designed to protect members experiencing precarious situations that make them more vulnerable.

In certain collective agreements, other insurance plans are offered. This is the case notably for a few groups excluded from Bill 37 and groups affiliated with the FIPEQ (Fédération des intervenantes en petite enfance du Québec). It should be noted that childcare providers have their own plan, of which the CSQ is also a policyholder.

At the CSQ, a team of advisors deals specifically with insurance matters and offers assistance when needed.