

INFORMATION ABOUT THE PLAN Certificate

Contractholder: Labourer's Local 493 Supplemental Pension Plan

Contract no.					Division		
3	0	1	9	1	0	0	2

INFORMATION ABOUT THE MEMBER

Last name _____ First name _____

Social Insurance Number

CHANGE OF ADDRESS

Address _____

No. Street Apt. City Province Country

Postal code Telephone number _____

CHANGE OF NAME

Last name _____ First name _____

Reason _____

CHANGE OF BENEFICIARY

Last name _____ First name _____ Relationship _____ % Revocable* Irrevocable**

*Revocable : the beneficiary designation can be changed without the beneficiary's consent.
 ** Irrevocable : the beneficiary designation cannot be changed without the beneficiary's consent. Also, any change such as withdrawal or transfer, cannot be made without the beneficiary's written consent or by court order in the case of a minor.

For Quebec only, the designation of a spouse as beneficiary is deemed to be irrevocable, unless specified above.
 According to most pension legislations, a designated beneficiary other than a spouse is not eligible to receive death benefits if the member does in fact have a spouse.

Complete this section if the previous beneficiary was irrevocable.

I, _____ the previously designated irrevocable beneficiary, hereby declare that I renounce to all my rights without reserve.
 (write name in block letters)

Witness _____

Previous beneficiary's signature _____ Date _____

CHOICE OF OPTION

Please indicate your choice of option for the investment of your future contributions.

- Option 1: I want to use the funds in my personal pension account to purchase deferred annuities twice a year.
- Option 2: I want the funds in my personal pension account to be invested according to my own investment instructions (please complete the next pages).

Note that you will not be allowed to change this option for future contributions except during the 2 annual purchase windows that run from April 15th to May 15th for annuities to be purchased on May 30th and from October 15th to November 15th for annuities to be purchased on November 30th.

SIGNATURE

Member's signature _____ Date _____

CONTINUE ON NEXT PAGE

Change in investment instructions or in existing investments

INFORMATION ABOUT THE PLAN Certificate

 Contractholder
 Labourer's Local 493 Supplemental Pension Plan

Contract no.					Division		
3	0	1	9	1	0	0	2

INFORMATION ABOUT THE MEMBER

Last name _____ First name _____

Social Insurance Number [][][][][][][][][][]

CHANGE IN INVESTMENT INSTRUCTIONS AND/OR IN EXISTING INVESTMENTS
PRE-BUILT SOLUTION OR BUILD YOUR OWN SOLUTION

You must choose among the investment options from the solutions below. We suggest that you complete the "Your Investor Profile" questionnaire in order to make an informed choice.

Pre-Built Solution

Choose from a variety of investment options from the Pre-Built Solution and let our fund managers work for you.

Build Your Own Solution

Choose from a variety of funds that are offered on an individual basis in order to create a personalized portfolio all your own.

If you do not provide investment instructions or if they do not total 100%, no changes will be made to your investment instructions.

The Asset Allocation Funds are made up of Industrial Alliance Insurance and Financial Services Inc. investment funds.

1 - Please complete at least one of columns A, B or C in the table below depending on what you want to do:

- Complete column A if you want to modify your investment instructions for future contributions.
- Complete column B if you want to modify your investment instructions for a special contribution (including a transfer).
- Complete column C if you want to modify the composition of existing investments.

You must make sure that the total percentage of each investment instruction below is equal to 100%.

INVESTMENT OPTIONS	Fund Code	Column A	Column B	Column C	
		Future contributions	Special contribution	Composition of existing investments	
		Instructions (in percent)	Instructions (in percent)	Investment to be redeemed \$ () or () %	Investment to be reinvested \$ () or () %
PRE-BUILT SOLUTION					
ASSET ALLOCATION FUNDS					
Asset Allocation - Conservative	506	%	%		
Asset Allocation - Moderate	507	%	%		
Asset Allocation - Balanced	508	%	%		
Asset Allocation - Growth	509	%	%		
Asset Allocation - Aggressive Growth	510	%	%		
BUILD YOUR OWN SOLUTION					
INCOME FUNDS					
Money Market	070	%	%		
Short Term Bonds	170	%	%		
Emerald Canadian Bond Index (TD)	489	%	%		
Bonds	020	%	%		
Bonds (Beutel Goodman)	750	%	%		
Bonds (PIMCO)	860	%	%		
Bonds (Fiera Capital)	472	%	%		
Bonds (PH&N)	521	%	%		
Long Term Bonds	504	%	%		
Long Term Bonds (PIMCO)	861	%	%		
Global Fixed Income (PIMCO)	893	%	%		
DIVERSIFIED FUNDS					
Diversified Security	240	%	%		
Balanced Moderate Index (BlackRock)	889	%	%		
Diversified	040	%	%		
Diversified (Jarislowsky)	463	%	%		
Diversified (MFS)	380	%	%		
Balanced (PH&N)	522	%	%		
Diversified (Beutel Goodman)	751	%	%		
Diversified Opportunity	250	%	%		
Fidelity Canadian Asset Allocation	462	%	%		

CONTINUE ON NEXT PAGE

PLEASE RETURN THIS COMPLETED AND SIGNED FORM TO THE ADDRESS MENTIONED AT THE TOP OF THIS PAGE.

Change in investment instructions or in existing investments

INFORMATION ABOUT THE PLAN Certificate

 Contractholder
 Labourer's Local 493 Supplemental Pension Plan

Contract no.	Division
3 0 1 9 1	0 0 2

INFORMATION ABOUT THE MEMBER

 Social Insurance Number
CHANGE IN INVESTMENT INSTRUCTIONS AND/OR IN EXISTING INVESTMENTS (CONTINUED)

INVESTMENT OPTIONS (CONTINUED)	Fund Code	Column A	Column B	Column C	
		Future contributions	Special contribution	Composition of existing investments	
		Instructions (in percent)	Instructions (in percent)	Investment to be redeemed \$ () or () %	Investment to be reinvested \$ () or () %
CANADIAN EQUITY FUNDS					
Dividends	160	%	%		
Canadian Dividend (Beutel Goodman)	887	%	%		
Canadian Equity Index (TD)	753	%	%		
Canadian Equity Value	010	%	%		
100% Canadian Equity Value	494	%	%		
Canadian Equity (Jarislowsky)	488	%	%		
Canadian Equity (Scheer Rowlett)	543	%	%		
Canadian Equity (Invesco)	487	%	%		
Canadian Focused Equity (Pyramis)	871	%	%		
Canadian Equity (Pyramis)	862	%	%		
Canadian Equity (Beutel Goodman)	752	%	%		
Canadian Equity Growth	464	%	%		
Canadian Equity (MFS)	360	%	%		
Canadian Equity (Fiera Capital)	473	%	%		
Fidelity True North ^R	270	%	%		
Canadian Equity Q 120/20 (CC&L)	759	%	%		
Canadian Equity Low Volatility (TD)	888	%	%		
Canadian Equity Small Cap (Montrusco)	511	%	%		
Canadian Equity Small Cap (QV)	541	%	%		
Canadian Equity Responsible (MFS)	514	%	%		
FOREIGN EQUITY FUNDS					
Global Equity Index ACWI (BlackRock)	876	%	%		
Global Equity	707	%	%		
Global Equity (Templeton)	465	%	%		
Global Equity (Sprucegrove)	754	%	%		
Global Equity (Hexavest)	500	%	%		
Global Equity (Pyramis)	863	%	%		
Global Equity (QV)	534	%	%		
Global Equity (MFS)	390	%	%		
Global Equity (C\$-Hedged) (Hexavest)	865	%	%		
Global Equity (Aberdeen)	120	%	%		
Global Equity Low Volatility ACWI (TD)	886	%	%		
Global Equity Mid Cap (Invesco)	490	%	%		
Global Equity Small Cap (Deutsche AWM)	531	%	%		
Global Equity Small Cap (Mawer)	130	%	%		
International Equity Index (BlackRock)	300	%	%		
International Equity	706	%	%		
International Equity (Templeton)	080	%	%		
International Equity (Sprucegrove)	755	%	%		
International Equity (Jarislowsky)	483	%	%		
International Equity (Hexavest)	852	%	%		
International Equity (MFS)	467	%	%		
International Equity (Mawer)	131	%	%		
International Equity (Aberdeen)	121	%	%		
U.S. Equity Index (BlackRock)	760	%	%		
U.S. Dividend Growth	518	%	%		
U.S. Equity	705	%	%		
U.S. Equity (Sprucegrove)	756	%	%		
U.S. Equity (Jarislowsky)	512	%	%		
U.S. Equity (Mawer)	132	%	%		
U.S. Equity (MFS)	513	%	%		
ALTERNATIVE/SPECIALTY FUNDS					
Balanced-Risk Allocation (Invesco)	491	%	%		
Global Real Estate (Pyramis)	540	%	%		
GUARANTEED INCOME INVESTMENTS					
1 year guaranteed investments	PLGAR	%	%		
2 year guaranteed investments	PLGAR	%	%		
3 year guaranteed investments	PLGAR	%	%		

PLEASE RETURN THIS COMPLETED AND SIGNED FORM TO THE ADDRESS MENTIONED AT THE TOP OF THIS PAGE.

Change in investment instructions or in existing investments

INFORMATION ABOUT THE PLAN Certificate

--	--	--	--	--	--	--	--	--	--

Contractholder
Labourer's Local 493 Supplemental Pension Plan

Contract no.	Division
3 0 1 9 1	0 0 2

INFORMATION ABOUT THE MEMBER

Social Insurance Number

--	--	--	--	--	--	--	--	--	--

CHANGE IN INVESTMENT INSTRUCTIONS AND/OR IN EXISTING INVESTMENTS (CONTINUED)

INVESTMENT OPTIONS (CONTINUED)	Fund Code	Column A Future contributions	Column B Special contribution	Column C Composition of existing investments	
		Instructions (in percent)	Instructions (in percent)	Investment to be redeemed \$ () or () %	Investment to be reinvested \$ () or () %
GUARANTEED INCOME INVESTMENTS (CONTINUED)					
4 year guaranteed investments	PLGAR	%	%		
5 year guaranteed investments	PLGAR	%	%		
6 year guaranteed investments	PLGAR	%	%		
7 year guaranteed investments	PLGAR	%	%		
8 year guaranteed investments	PLGAR	%	%		
9 year guaranteed investments	PLGAR	%	%		
10 year guaranteed investments	PLGAR	%	%		
Total		100%	100%		100%

It is understood that the performance of the sums invested in the investment funds is not guaranteed.

REINVESTMENT OF GUARANTEED INVESTMENTS AT MATURITY

If your investments contain guaranteed investments, please indicate how you want the capital and interest to be reinvested at maturity:

- In guaranteed investments (whose term is the same as that of the original investments)
- According to current investment instructions

If no choice is made, the sums will be reinvested according to current investment instructions.

SIGNATURE

I certify that I have read the information that appears on the Your Range of Investment Options brochure and the information concerning investment funds, or that I have at least been informed as to how to obtain the said information by consulting the documentation from Industrial Alliance Insurance and Financial Services Inc. I also certify that I have been informed about guaranteed investments and the applicable interest rates, or that I have at least been informed as to how to obtain the said information.

Member's signature _____ Date _____