How to capture a detailed Canada Life statement through your online account:

**Sign in** to your Canada Life account [PSHCP Login | Canada Life](https://my.canadalife.com/pshcp)

Select **Public Service Health Care Plan**

From the menu options on the left, click on **Benefits** then click on **Claim History**

Under **Processed**, scroll down to see a list of all processed claims, find the service date you require

Once you have found the service date, move your cursor to the end of the row and click on **View details** – this takes you to the required **Explanation of benefits (how your claim was processed)**

Click on **View PDF** in the top right corner to open the detailed **Explanation of benefits** statement

**Save** the **PDF statement** and **print –** include the printed or electronic copy with your Support Our Troops application

This process will provide the necessary Canada Life claim details to support your application. It will also confirm when an expense has reached Canada Life’s annual maximum.

Please note: a **Claim Summary** will not provide all necessary claim details to support your Support Our Troops application