



CNA \$AVINGS CENTRE

Annual Savings on Frequent Purchases

Category	Average spent*	Member offer	\$ Saving**
Auto insurance	\$1,634	Preferred rates	\$245
Home insurance	\$1,342	Up to 15% off	\$201
MBNA Rewards		Points bonus up to \$75	\$75
Counselling (short term)	\$100/hour	\$60/yr	\$370^
Legal advice	\$250/hour		
Athletic therapy	\$80/hour		
Clothing & shoes ***	\$1,792	Avg 25% off + 4% cashback	\$448
Electronics ***	\$395	Up to 50% off; cashback	\$197
Personal care ***	\$1,384	Up to 5% cashback	\$69
Sports & fitness ***	\$540	15% off	\$81
Food***	\$7,536	2% cashback	\$150
Food delivery***	\$2,775	\$80 off + cashback	\$115
Vacations***	\$2,190	3% cashback	\$65

Total savings **\$2,016**



* Average annual Canadian household spending per category, according to Statistics Canada ([Table 11-10-0222-01: Household spending, Canada, regions and provinces](#)) and other public documents.

** Average savings per category, according to BenefitHub deals.

*** Specific retailers may offer discounts, cashback or a combination of both rewards.

^ GroupBenefitz EAP 2.0 bundle includes short-term counselling, athletic therapy, and legal advice for \$60/yr., with savings based on three appointments per year.

