

HarvestETFs



# Covered Call Options

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[harvestetfs.com](https://harvestetfs.com)

## Covered Call Options Explained

A **call option** is a purchased agreement between two parties: the option seller and the option buyer. The buyer pays a **premium** to the seller for the right, but not the obligation, to buy a stock at a fixed price within a specified time frame. The seller keeps the **premium** regardless of what happens later.

For example, you want to buy shares in company ABC, but you also want to see where those shares will go in the next month. You find a seller and pay them a premium which locks in a specific price for 30 days.




If the share price of company ABC goes up during that period you can **exercise** your call option and buy the shares at the agreed-upon lower price.

If the share price drops you can let your option expire, and you are only out the premium you paid.

From the seller's perspective, these are usually called **covered call options**. Sellers engaging in a **covered call option strategy** are looking to earn income in the form of premiums from selling call options—also called writing—on shares they currently own.

For example, let's say you own shares of company ABC, priced at \$100 today. You decide to write covered call options on your shares, selling a buyer call options for a \$3 premium. Here's what would happen in three hypothetical scenarios.

## Three Outcomes for Covered Calls in Different Market Scenarios

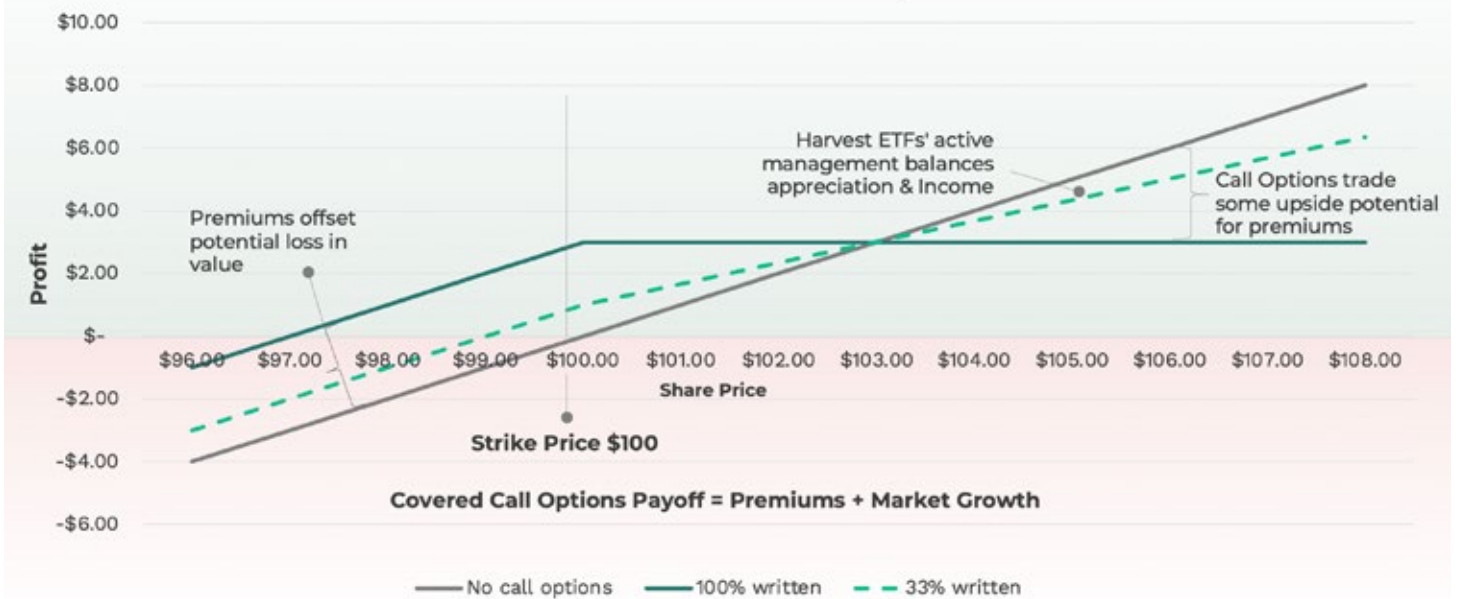
 Scenario A: ABC shares go up	 Scenario B: ABC shares stay the same	 Scenario C: ABC shares drop
ABC shares go up to \$105, the buyer exercises their call option, and you sell your shares to them for \$100. You lost out on the price increase, but you were covered and you keep the \$3 premium ( $\$100 + \$3 = \$103$ ).	ABC shares stay at \$100, the buyer does not exercise their call option and you keep the \$3 premium (\$3 premium + your shares).	ABC shares drop to \$95 and the buyer does not exercise their call. The value of your portfolio drops but is cushioned by the \$3 premium leaving a value equivalent to \$98.

## The Art of the Covered Call Strategy

Covered call option writing is about striking the right balance and at Harvest ETFs we integrate that balance into our long-term view of investing. At its most basic level, when you write a covered call option, you gain premiums but can miss some market upside.

Because Harvest Equity Income ETFs are designed to capture long-term growth and consistent income, they must strike the right balance between premiums and upside exposure.

## How Harvest ETFs Strikes a Call Options Balance



That’s why all Harvest Equity Income ETFs use an active & flexible covered call option strategy. We maintain a maximum write level of 33% across all positions, ensuring at least 67% of the portfolio is exposed to potential upside.

Within that 33% limit, our portfolio managers are empowered to move actively, taking advantage of changes on options markets to capture higher premiums and potentially write at lower levels—exposing more of the portfolio to upside.

As the graph shows, active management allows Harvest Equity Income ETFs to capture more upside opportunities, while maintaining their consistent monthly income distributions.

To learn about our Fixed Income ETFs, please visit [harvestportfolios.com/fixed-income-etfs](https://harvestportfolios.com/fixed-income-etfs).

## About Harvest

Founded in 2009, Harvest is an independent Canadian Investment Fund Manager. At Harvest ETFs, we believe that investors can build and preserve wealth through the long-term ownership of high-quality businesses. This fundamental philosophy is at the core of our investment approach across our range of ETFs. Our core ETF offerings center around covered call strategies, available in these variations: Equity Income, Enhanced Income, Fixed Income, Multi-Asset, Digital Assets, Specialty, and Harvest High Income Shares. In 2025, Harvest expanded its lineup of products, introducing more innovative ETFs to its Specialty, Digital Assets, High Income Shares, and Equity Income lineups.

To learn more, please visit [harvestportfolios.com](https://harvestportfolios.com).

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### Disclaimer

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Distributions are paid to you in cash unless you request, pursuant to your participation in a distribution reinvestment plan, that they be reinvested into the Class of units that you own of the Fund. If the Fund earns less than the amounts distributed, the difference is a return of capital. Tax, investment and all other decisions should be made with guidance from a qualified professional.

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