

Long Term Care

WHAT YOU SHOULD KNOW...

Long Term Care Insurance (LTC) is the newest benefit available to MCCS NAF employees. Take the time to read this flyer and familiarize yourself with this valuable new benefit. Additional information is available at your Human Resources office, or by clicking the CNA link at the bottom of the Benefits Web page (www.usmc-mccs.org), or by calling CNA directly at 1-877-777-9072.

WHAT is Long Term Care?

Long-term care is not one service, but many services designed to help people who have chronic conditions and are unable to care for themselves. The chronic condition may be permanent, or a temporary injury. Services might include assistance within the home for day-to-day activities, or special attention in a nursing home.

Long-term care can be provided in a variety of settings:

- Private Home
- Assisted living facility
- Adult day care center
- Or a Nursing home

WHO pays for Long Term Care?

Long term care is *expensive!* Many people incorrectly assume that health insurance, government programs, or personal savings will pay long term care costs.

- Medical insurance: pays less than 8% of all LTC expenses, and does NOT cover custodial care that is

needed by nearly 90% of all people receiving LTC services.

- Medicaid: recipients must meet federal poverty guidelines to qualify. Under Medicaid you are forced to exhaust your personal assets before you are covered.
- Personal Savings: with an average annual cost of \$42,000, personal and family savings could quickly become depleted. 72% of all elderly, whether married or not, are impoverished within one year of entering a nursing home.
- Long Term Care Insurance: is the **only** type of insurance designed to specifically cover the costs associated with extended long term care.

WHY Do You Need LTC?

- Nearly 40% of the people receiving LTC services are working age adults between ages 28 – 64.
- 60% of the population will at some time require care at home, or in a nursing facility. The average cost of a home visit by a nurse is \$100, by a home health aide \$50 - \$60.
- The average annual cost for nursing home care is \$42,000. The average stay is 2 ½ years – a total of \$105,000!

WHY Purchase LTC Insurance?

- Provides you with flexibility of choice in the type and quality of care needed;

- Offers peace of mind for you and your family;
- Fosters independence,
- Helps you protect your assets!

HOW Do You Qualify For LTC Benefits?

You must meet one of the following criteria:

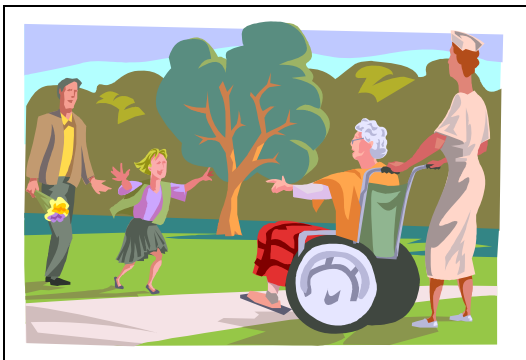
- Be unable to perform any 2 of the 6 “activities of daily living,” such as bathing, continence, dressing, eating, toileting, transferring – either temporarily or permanently.
- OR, be cognitively impaired (e.g., Alzheimer’s Disease).

WHO Can Apply for Enrollment into LTC?

- Actively at work benefits eligible employees*
- Spouses of employees **
- Retirees and their spouses**

**Benefit eligible employees who enroll within 31 days following their date of eligibility are guaranteed acceptance into the plan, provided you are actively at work on the date your coverage begins.*

*** Coverage is not guaranteed – must apply for coverage by filling out an application form, and evidence of insurability must be provided.*



POLICY BENEFITS AND FEATURES

With Group Long Term Care Insurance from CNA, you choose a plan that’s right for you! Not everyone needs the same amount of coverage, so you determine the amount of daily benefit. Your daily benefit amount is the maximum daily amount you can receive in benefits. Listed below are some of the benefits and features available in the Group Long Term Care Plan:

Daily Benefit Amount – Group LTC from CNA offers a choice of three daily benefit amounts, \$100, \$140, or \$180.

Nursing Home Benefit – Pays 100% of the eligible expenses per day, up to your maximum daily benefit amount selected, for care received in a licensed nursing home.

Lifetime Maximum Benefit – The lifetime maximum translates into the total dollars you can receive in benefits. It depends on the daily benefit amount selected for nursing home care and equates to a pool of dollars equal to 3 or 5 years of nursing home benefits.

Community Based Care Benefit – Depending on the option selected, the plan will pay either 50% or 100% of the maximum daily nursing home benefit amount for care received outside the nursing home, such as home health care, adult day care/foster care center, or an assisted living facility.

Level Premiums – Premiums are based on your age-at-entry and the daily benefit you select. You can never be singled out for a future increase because you become older or ill.

Restoration of Lifetime Benefits – If you have not received any benefits, Long Term Care services or any medical care or treatment for at least 5 consecutive years, then your Lifetime Maximum Benefit may be restored to the amount it was before the benefits

were paid. This amount will include any increases you received prior to restoring the Lifetime Maximum Benefit.

Inflation Protection - The CNA policy is designed to allow you to keep up with inflation. You'll be given opportunities to increase your daily benefit amount so that you can protect yourself against rising costs. An automatic inflation adjustment is also available.

Temporary Bed Holding - Pays the benefit amount to hold a nursing home bed, up to 21 days per calendar year, if you are temporarily absent from the nursing home due to a hospital stay or other event.

Care Management - A registered nurse or social worker will develop a care plan that integrates your wishes as well as the wishes of your family and your family doctor.

Caregiver Training Benefit - Pays the actual expenses incurred for training an informal caregiver, up to three times the daily community-based benefit.

Emergency Alert - Independent living at home may require the ability to summon help quickly. The plan pays the monthly rental or lease fees for an emergency alert system up to an amount equal to the daily community-based benefit.

Portability Feature - If your employment status changes, you may continue your coverage with the same benefits and rates on a direct-pay basis with CNA.

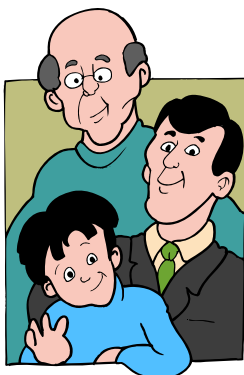
Waiver of Premium - Your premium will be waived while receiving benefits.

Waiting Period - 90 calendar days before benefits begin after eligibility is determined (does not require paid services).

Convenient Payroll Deduction - You and your spouse's premiums will be deducted directly from your paycheck. Parents and in-laws, etc., will be directly billed by CNA.

Contact CNA today at the toll free number 1-877-777-9072, or visit them by using the link at the bottom of the benefits web page to request a Long Term Care Benefits Package!

Long Term Care is for
EVERYONE...
Not just the elderly.
Protect yourself today!



Long Term Care