

FINANCIAL PROTECTION REALITY CHECK

DO YOU HAVE ENOUGH DISABILITY INSURANCE

Co-workers Mark and Joe are both 39 years old and earn **\$60,000** per year. Their employer provides company-paid Basic Long-Term Disability insurance that pays a percentage of their monthly salary if they become disabled and unable to work due to a covered illness or injury. Mark and Joe's employer also offers optional LTD Buy-up coverage that allows them to protect more of their pay vs. the Basic LTD plan.

During their annual open enrollment period, Mark decides not to enroll in the LTD Buy-Up plan; he feels he doesn't need the coverage because he's young and healthy. Joe decides to enroll in the Buy-Up plan, as he's more cautious and believes the additional protection is worth the cost.

The chart below shows how Mark and Joe's enrollment decisions might affect their income if they became disabled.¹

	Mark	Joe
Annual Salary	\$60,000	\$60,000
Monthly Pre-Disability Salary	\$5,000	\$5,000
LTD Plan Election	Basic Only <i>Provided by employer at no cost to employee</i>	Basic + Buy-Up <i>Basic portion of benefit provided at no cost to employee. Cost of Buy-Up benefit paid by employee through payroll deductions</i>
LTD Coverage Level <i>% of Monthly Salary²</i>	50%	70%
Estimated Monthly LTD benefit if disabled	\$2,500 <i>100% of benefit is taxable</i>	\$3,500 <i>Portion of benefit is taxable³</i>

The difference between your Basic and Buy-up monthly benefit is **\$1,000**

Not sure how much financial protection you might need? Cigna's Disability Income Needs Calculator at cigna.com/disabilitycalculator can help you estimate how much income you need per month to cover your bills and other expenses.

See your enrollment materials for information on coverage, costs and exclusions and limitations. As a new hire, during a life event or during Open Enrollment you can enroll online at www.capitalonebenefitsite.com. Contact the Capital One Benefits Center at **1-888-376-8836** with questions about the plan or if you need help enrolling."



Offered by: Life Insurance Company of North America or Life Insurance Company of New York



All insurance policies and benefit plans contain exclusions and limitations. For costs and complete details of coverage, see your enrollment materials. Disability plans are insured or administered by Life Insurance Company of North America, except in NY, where insured plans are offered by Cigna Life Insurance Company of New York. Policy Form: TL-004700 "Cigna" and the "Tree of Life" logo are registered service marks of Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its operating subsidiaries. All products and services are provided by or through such operating subsidiaries, including Life Insurance Company of North America and Cigna Life Insurance Company of New York, and not by Cigna Corporation.