

## What is long-term care?

Long-term care is the kind of care people need when, because of severe injury or chronic illness such as Multiple Sclerosis, or Alzheimer's Disease, they cannot perform basic activities of daily living without help.

And importantly, long-term care doesn't just affect the elderly. In fact, 37% of those needing long-term care services today are working-age adults.<sup>1</sup>

## Why should I consider long-term care insurance now?

Disabling accidental injuries can strike at any age. In fact, accidents occurring in the home alone account for a disabling injury every three seconds in this country.<sup>2</sup> Some common disabling illnesses and injuries include:

- Multiple Sclerosis
- Parkinson's Disease
- Stroke
- Head Trauma

A disabling illness or injury might mean needing the help to do basic activities, such as bathing and dressing. In other words, you might need long-term care.

## Coverage you can trust because it's from CNA

CNA has been meeting customers' needs for over 100 years. Since the 1960's, the Continental Casualty Company, CNA's underwriting company for long-term care coverages, has been a pioneer in the long-term care insurance arena.

With CNA's stability, commitment to quality insurance products and experience, you can be confident you will receive the help you need when you need it.

Call this toll-free number now to talk to a long-term care representative who will answer your questions.

**1-866-357-8478**



### References

- <sup>1</sup> CNA Claims Data as of January 1, 2009.
- <sup>2</sup> National Safety Council-Highlights from Injury Facts 2009. [http://www.nsc.org/news\\_resources/injury\\_and\\_death\\_statistics/Pages/HighlightsFromInjuryFacts.aspx](http://www.nsc.org/news_resources/injury_and_death_statistics/Pages/HighlightsFromInjuryFacts.aspx).
- <sup>3</sup> A Shoppers Guide to Long-Term Care, 2009. National Association of Insurance Commissioners.

## Continental Casualty Company

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## Introducing

Group Long-Term Care  
From CNA\*  
for



Your financial  
security could  
be at risk

**CNA**

\*Continental Casualty Company

## MYTH

**The government will pay for long-term care.**

**My health insurance will cover it.**

**My disability insurance will help.**

**I'll pay for it myself.**

## REALITY

Medicare only pays for limited care following hospitalization. Medicaid will only pay for long-term care if you are impoverished. People must exhaust their savings and only then will Medicaid pay. Medicaid only pays for nursing homes of their choice and generally does not cover home care. Medicare only pays for limited long-term care related only to treatment following hospitalization.

Health insurance typically covers very limited long-term care services related only to acute health care treatment.

Disability insurance is intended as a partial replacement of your pay when you are unable to work. That money will be needed for regular living expenses and may not be enough to cover long-term care.

Long-term care can eat through savings quickly. The cost of part-time basic home care can cost as much as \$16,000 a year, with skilled nursing services costing even more. Care in an assisted living facility averages over \$32,568 per year, and nursing home care averages \$66,000 a year.<sup>3</sup>

## Who can apply?

- Actively at work benefit eligible employees;
- Spouses of employees;
- Parents, grandparents, and related in-laws;
- Retirees and their spouses.

## How do you qualify for long-term care benefits?

- You must meet one of the following criteria while under a plan of care prescribed by a licensed health care practitioner...

Be unable to perform any two of the six "Activities of Daily Living"; bathing, continence, dressing, eating, toileting, transferring for a period of at least 90 days, or  
Be cognitively impaired (e.g., Alzheimer's Disease).

## Why buy now? –The cost of putting off your decision

The younger you are when you buy long-term care insurance, the lower your premium rate will be. The premium is based on your age at time of purchase and the coverage you select. Because of that, the total amount you pay over the years will probably be less than if you buy at an older age, even though you pay for more years.

## What is the estimated cost?

The cost of long-term care can add up quickly. Costs vary by locality and by the type of service used, but here are some averages.

- The average cost of part-time, basic home care is \$16,000 per year.<sup>3</sup>
- Assisted living facilities cost an average of \$2,714 per month, or \$32,568 per year, including rent and most other fees.<sup>3</sup>
- If you need nursing home care, the national average is over \$66,000<sup>3</sup> per year.

## Standard Plan Features

With Group Long-Term Care from CNA, you choose a plan that's right for your needs. Because not everyone needs the same amount of coverages, you determine how high or low your daily benefit amount will be. Your daily nursing care benefit amount is the maximum daily amount you can receive in benefits. Listed below are just some of the standard plan features available.

**Daily Benefit for Nursing Home Care:** This plan offers daily maximum benefit amounts of \$100, \$200 and \$300.

**Nursing Home Benefit:** Pays 100% of the eligible expenses per day, up to the maximum daily benefit amount, for care received in a properly licensed nursing home or alternate care facility.

**Community Based Care Benefit:** Pays 60% of the maximum daily nursing home benefit for care received outside a nursing home, such as home healthcare, adult day care/foster care center or an assisted living facility.

**Lifetime Maximum Benefit (LTM):** This is the total amount of insurance you purchase. It is a pool of money you can use to pay for eligible long-term care expenses and is related to the Daily Nursing Home Benefit you choose. The corresponding lifetime maximums are as follows:

### Three Year Lifetime Maximum

\$100 Daily Nursing Home Benefit = \$109,500 LTM  
\$200 Daily Nursing Home Benefit = \$219,000 LTM  
\$300 Daily Nursing Home Benefit = \$328,500 LTM

### Five Year Lifetime Maximum

\$100 Daily Nursing Home Benefit = \$182,500 LTM  
\$200 Daily Nursing Home Benefit = \$365,000 LTM  
\$300 Daily Nursing Home Benefit = \$547,500 LTM

**Waiver of Premium:** Your premiums will be waived while receiving benefits.

**Waiting Period:** 90 Calendar Day waiting period once per lifetime.

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

**Caregiver Training Benefit:** Pays the actual expense incurred for caregiver training, up to three times the daily community based care benefit.

**Emergency Alert:** Pays the monthly rental or lease fees for such equipment are covered up to an amount equal to the daily community based care benefit.

**Premiums:** Premiums are based on your age at entry and you cannot be singled out for a future increase because of your health.

**Guaranteed Renewable:** Your coverage can never be cancelled as long as you pay your premiums and have not exhausted your benefit maximum. However, the insurer may change premiums by class.

**Benefit Account (Optional):** There may come a time when you cannot or choose not to continue your plan. After three years in the plan you may stop paying premiums without losing the value of the premium dollars you have paid into the plan over the years. If you stop paying the premium (after three years) your reduced lifetime maximum will be the greater of either the amount of premium paid or 30 times your daily nursing home benefit.

**Inflation Protection:** At routine intervals you will be given the opportunity to increase your coverage to keep up with inflation.

**Caregiver Benefit:** This benefit makes a cash payment equal to 25% of your Daily Nursing Home Benefit upto 30 times per year when you receive informal care.

Want to find out how Group Long-Term Care from CNA could benefit you and/or your spouse?

1. Visit the CNA web site for plan information and rates at [www.ltcbenefits.com](http://www.ltcbenefits.com) (password: UnionPacific)
2. For enrollment information, call our toll-free number to speak with one of our CNA Group Long-Term Care customer service representatives at:

**1-866-357-8478**

**For specific costs and further details of the coverage, including exclusions, reductions or limitations, and the terms under which the policy may be continued in force, contact CNA at 1-866-357-8478.**

