

# Why You Should Consider Independent Solutions® Group Long-Term Care Insurance



## Preserving Your Independence Takes Planning

“Independence” means having control over your situation, something most of us want throughout our lives. But remaining in control in the future may depend on having the financial resources to pay for any health challenges that may occur.

Because of injuries, illnesses such as arthritis or Alzheimer’s disease, or the effects of aging, tomorrow may bring the need for long-term care. The lifetime probability of a 65-year-old becoming disabled in

at least two activities of daily living or of being cognitively impaired is 44 percent for men and 72 percent for women.\* The number will increase dramatically due to the growing numbers of elderly Americans. U.S. Census Bureau projections estimate the number of Americans over age 65 will grow from 32 million in 2000 to more than 70 million in 2030.\*\*

But, not all of the people who need long-term care are elderly; in fact, nearly half are working-age people under 65 years of age.\*\*\*

## Long-Term Care, Even at Home, Is Expensive

- If it is provided in a nursing facility, long-term care costs average over \$60,000 per year.\*\*\*\*
- If you remain at home, you might need paid care-givers—nurses, nurses’ aides and/or housekeepers—to help care for you. This kind of care part time can cost at least \$16,000 per year.\*\*\*\*\*

## Who Will Pay for Your Long-Term Care?

Getting the quality care you need in the setting you prefer depends on your ability to pay. Resources may not be as available as you think. For example, many people believe their long-term care expenses would be paid by their health, disability or other insurance, or by the government. But consider these facts:

- **Medical Insurance**—Most health insurance plans will pay for your care only while you are in the hospital or a skilled nursing facility to receive treatment (“acute care”). When you need assistance with activities of daily living or to supervise your activities, medical insurance usually does not pay.
- **Disability Insurance**—Disability insurance protects income that is lost when you cannot work because of a disability. Usually, it pays enough to cover ordinary living expenses such as mortgage payments or rent, but not enough to cover the additional costs of long-term care services.
- **Medicaid**—Because it is intended as a government program to assist the poor, Medicaid pays for long-term care only after you “spend down” your assets to the state’s “poverty level.”
- **Savings**—Three years of limited care at home could easily cost more than \$100,000. Many people find that their savings are not enough to cover all of the expenses of long-term care.

## The Solution: Is CNA Independent Solutions®

Long-term care insurance is the only insurance that is specifically intended to protect your income and your assets in the event that you need long-term care.

With your CNA Independent Solutions group long-term care you:

- Get a comprehensive long-term care plan designed to meet your needs. You will get benefits for covered long-term care services, whether you receive them at home, in assisted living or adult day care facilities, or in a nursing home setting. Hospice and respite care are also covered.
- Get a range of choices of Daily and Lifetime coverage levels. This means you can select a coverage amount that is appropriate to your budget, your needs and your locale.
- Have a plan with unsurpassed flexibility and benefit features that help you remain at home as long as possible. One of these features is coverage for Independent Provider Care,



which allows benefits to be paid for services provided by non-traditional providers. The plan also includes a Home Technology Benefit, which pays for devices such as emergency response systems or medication reminder systems in your home.

- Receive excellent support at the time of claim. Our streamlined claims process makes access to your benefits easier and faster. Our care coordinators help claimants find and coordinate the best care services for their needs. We even have a negotiated provider discount program.

## Seize the Opportunity: Enroll During the Enrollment Period

Here's why you should act now, during the enrollment period:

- During the enrollment period, you can enroll in the plan without answering any medical questions, as long as you are an actively-at-work employee.
- As pioneers in group long-term care insurance, CNA insures more than 200,000 employees, their spouses, and families.

**If you have questions about the Long-Term Care program, wish to request an enrollment kit, or want to talk with a service representative, please call Marsh U.S. Consumer, the administrators of the Johns Hopkins voluntary benefit plans, at 1-866-795-9362. Representatives are available Monday through Friday, 8:00 a.m. to 5:00 p.m. Central time.**



\* M.J. Gibson, lead author, *Beyond 50 2003: A Report to the Nation on Independent Living and Disability*. Page 40.

\*\* Source: *Projections of the Resident Population by Age, Sex, Race, and Hispanic Origin: 1999 to 2001*, issued January 13, 2000. Population Projections Program, Population Division, U.S. Census Bureau.

\*\*\* Source: Agency for Healthcare Research and Quality.

\*\*\*\* *A Shoppers Guide to Long Term Care Insurance, 2009*. National Association of Insurance Commissioners.

\*\*\*\*\* Source: HIAA, *Guide to Long-Term Care Insurance, 1999*.

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# Johns Hopkins University

## Group Long-Term Care Plan Summary

All applicants have the flexibility to choose from several plan options based on their level of risk tolerance, costs in their local area or income level. To review these features in more detail, please request an enrollment kit.

FEATURES AND BENEFITS		OPTION 1	OPTION 2	OPTION 3
<b>Facility Care Benefit.</b> CNA will pay the actual cost of services you receive, up to the amount you select for each day that you are in a nursing home, residential care facility or hospice facility.		<b>\$100</b>	<b>\$200</b>	<b>\$300</b>
<b>Home Care Benefit.</b> CNA will pay the actual cost of long-term care services you receive, up to 75% of the facility care benefit for each day that you receive care in your home, adult day care or adult foster care center.		<b>\$75</b>	<b>\$150</b>	<b>\$225</b>
<b>Lifetime Maximum Benefit.</b> This is the total amount of insurance you purchase. CNA will pay based on the daily benefit and lifetime maximum option that you select.	<b>3 Years</b>	<b>\$109,500</b>	<b>\$219,000</b>	<b>\$328,500</b>
	<b>5 Years</b>	<b>\$182,500</b>	<b>\$365,000</b>	<b>\$547,500</b>
<b>Home Medical Technology.</b> CNA will pay up to \$1,000 each year for assistive devices, medical monitoring, communications technology or emergency response systems used in your residence. It also covers home modifications necessary to allow you to remain at home.		<b>\$1,000</b>	<b>\$1,000</b>	<b>\$1,000</b>
<b>Caregiver Training Benefit.</b> CNA will pay up to three times the facility care benefit for training of an informal caregiver or independent provider to care for you in your home.		<b>\$300</b>	<b>\$600</b>	<b>\$900</b>
<b>Temporary Bed Holding Benefit.</b> If you are required to leave a long-term care facility for a short period of time, CNA will continue to pay the facility to hold your bed for up to 60 days per year.		<b>\$6,000</b>	<b>\$12,000</b>	<b>\$18,000</b>
<b>Waiting Period.</b> You will need to satisfy a 90-calendar day waiting period for all services before benefits can be paid. You have to satisfy this waiting period only <b>once</b> per lifetime.				
<b>Waiver of Premium.</b> After satisfying the waiting period, premiums will be waived while you are receiving benefits.				
<b>Transition Benefit.</b> This benefit pays up to five (5) times your facility care benefit for long-term care expenses incurred during your waiting period. Your Lifetime Maximum Benefit will not be reduced.				
<b>Caregiver Benefit.</b> This benefit makes a cash payment equal to ten (10) times your daily facility care benefit each year when you receive unpaid care. This benefit is payable in addition to the home based care benefit.				
<b>Alternate Plan of Care.</b> The Alternate Plan of Care benefit allows CNA to consider emerging or non-traditional long term care services not specifically covered under the policy, as long as the benefits provided are based on a written Alternate Plan of Care which is agreed to and approved by the insured individual, the insured's physician and CNA. Benefits are paid at levels specified in the Alternate Plan of Care and will not exceed an individual's daily facility care maximum.				

## ADDITIONAL FEATURES

### **\*Future Benefit Guarantee (Non Forfeiture).**

There may come a time when you either cannot, or no longer want to, continue paying premiums. If you stop paying premiums after having coverage for at least 3 consecutive years, the future benefit guarantee keeps your daily benefits the same but reduces your lifetime maximum benefit. Your reduced lifetime maximum benefit equals the total premiums paid or 30 times the daily facility care benefit, whichever is higher, less any benefits paid.

\* pending state approval

### **Worldwide Coverage.**

If you are living or traveling outside the United States and become eligible to receive benefits, reimbursement will be based on a cash payment equal to the maximum home care benefit, but not more than 75% of the maximum facility care benefit.

### **Inflation Protection**

- **Guaranteed Benefit Increase Base Plan:** Every three years, CNA will offer participants the opportunity to increase their daily and lifetime maximum benefits to help you keep up with inflation. Premiums for increased coverage will be based on your age on the effective date of the offer, and will be at least equal to a compound 5% rate of increase. Actively at work employees and their spouses are guaranteed acceptance regardless of whether they have rejected any or all previous increase offers. All others are guaranteed acceptance as long as they continue to accept offers.
- **OPTIONAL - Lifetime Compound Automatic Benefit Increase:** This feature automatically increases your daily and lifetime benefits by 5% compounded each year without increasing your premiums. Increases continue for life, even while you are on claim, unless premium payments stop for any reason except waiver of premium.

### **How to enroll or obtain more information:**

For more plan information and rates, please visit the Johns Hopkins Voluntary Benefits website at [www.jhuvoluntarybenefits.com](http://www.jhuvoluntarybenefits.com) and on the welcome page access the "Long-Term Care Insurance" link.

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