

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. According to a research alert from the Agency for Healthcare Research and Quality, an estimated 9.4 million adults, ages 18 and over, receive hands-on assistance with instrumental activities of daily living like shopping or housework, or with more basic activities of daily living like bathing or dressing. Almost half of these are under age 65.¹

Why should I consider long-term care insurance now?

Disabling illness or accidental injuries can strike at any age. In fact, accidents occurring in the home alone account for a disabling injury every four seconds in this country.² 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.

1-877-777-9072
www.ltcbenefits.com
 (password: usmcnafltc)



References

- ¹ Long-term Care Users Range in Age and Most Do Not Live in Nursing Homes. Research Alert, November 8, 2000. Agency for Healthcare Research and Quality, Rockville, MD. www.ahrq.gov/news/press/pr2000/lcpr.htm.
- ² Report on Injuries in America, 2002. National Safety Council.
- ³ A Shoppers Guide to Long-Term Care, 2009. National Association of Insurance Commissioners.
- ⁴ A Shoppers Guide to Long-Term Care Insurance, 2009 National Association of Insurance Commissioners.
- ⁵ 2006 CNA Cost of Nursing Care Study, room and board costs only.

Continental Casualty Company

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Group Long-Term Care Insurance from CNA for



Your financial security could be at risk



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.

I probably won't need it, at least not until I'm older.

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 does not cover home care.

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 \$22,400 per year, and nursing home care averages \$56,000 a year.³

An accident or chronic illness could strike at any time and any age. 40% of Americans using long-term care services today are between the ages of 18 and 65.⁴

Who can apply?

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

***Employees who enroll within 31 days of becoming benefits eligible are guaranteed to be accepted in the plan, provided you are actively at work on the date your coverage begins.**

How do you qualify for long-term care benefits?

- You must meet one of the following criteria...

Be unable to perform any two of the six "Activities of Daily Living"; bathing, continence, dressing, eating, toileting, transferring,

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 over \$16,000 per year.³
- Assisted living facilities cost an average of \$1,873 per month, or \$22,476 per year, including rent and most other fees.⁴
- If you need facility care, it would cost from about \$30,000 to about \$110,000 per year, depending on the state.⁵

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 USMC-MCCS plan information and rates at www.ltcbenefits.com (password: usmcnaflt)
2. Contact your Human Resources Office
3. For enrollment information, call our toll-free number to speak with one of our CNA Group Long-Term Care customer service representatives at:

1-877-777-9072

Standard Plan Features

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

Daily Benefit Amount: Group Long-Term Care from CNA offers a choice of five daily benefit amounts: \$100, \$140, \$180, \$220 or \$260.

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.

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.

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.

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 the Lifetime Maximum: If you have not received any benefits, Long-Term Care services or any medical care or treatment for at least 5 continuous years, then we will restore your Lifetime Maximum Benefit to the amount it was before 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 further opportunities to increase your daily benefit amount so that you can protect yourself against rising costs. An automatic inflation adjustment option is also available.

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 family doctor.

Temporary Bed Holding: Pays the daily 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.

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

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

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

Waiting Period: 90 calendar days before benefits begin (does not require paid services).

Convenient Payroll Deductions: You and your spouse's premiums will be deducted directly from your paycheck.

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 1-877-777-9072.