



Continue to be there for your loved ones with Life Insurance.

Life Insurance helps to provide a more financially secure future.

Life insurance is a cost-effective way to look out for your loved ones. Should something happen to you, it helps ensure that short- and long-term financial obligations could be met. If you have a spouse or domestic partner, or if you have children, they may rely on you to help keep the household running. Life insurance can give you the confidence that your loved ones would be financially prepared without you to handle expenses like:



- Mortgage or rent payments
- Utilities
- Insurance premiums
- Childcare/education fees
- Transportation
- Credit card bills

You asked. We answered.

Why sign up for Life Insurance? Find out with some FAQs

What is term life insurance?

A. A policy that covers you for a fixed period of time that pays a death benefit to your beneficiary if you are no longer here.

What is a beneficiary?

A. The person you choose to receive the life insurance proceeds should something happen to you. It's possible to have multiple beneficiaries, and you can update them regularly should your circumstances or needs change.

I already have basic life insurance through my employer, why do I need more?

A. While having life insurance provided by your employer is a great benefit, it's possible that it may not be enough to adequately provide for your loved ones. Additional life insurance can give your loved ones greater financial security if you are no longer here to earn a paycheck.

How much life insurance do I need?

A. Everyone is different, but it may be more than you have now. The insurance you need changes as your life changes — for example, getting married, starting a family, or buying a home may change the coverage you need. Many people are surprised to learn that they may not have enough life insurance to cover the many expenses their loved ones may face.

How much will it cost?

A. It may be less expensive than you think. MetLife's group life insurance plans are an economical way for you to provide for your loved ones with competitive group rates¹ and a wide range of coverage options to choose from. Exact rates can be found in the enrollment materials provided by your employer.

How do I pay for my coverage?

A. Premiums are conveniently paid through payroll deduction, so you don't have to worry about writing a check or missing a payment.

How are claims paid?

A. A claim needs to be filed with the life insurance company upon the death of the insured. A tax-free death benefit is paid in a single lump-sum to your chosen beneficiary or beneficiaries.

What is a Statement of Health (SOH)² and how will I know if I need it?

A. An SOH is a series of questions which are asked to help us evaluate your overall health. Depending on your employer/group's plan and the amount of coverage you request, you or your dependent may be asked to complete an SOH. If an SOH is required, your plan administrator will start the process and instructions will be provided.

What other benefits are included in this plan?

A. An This group life insurance plan may also include:

- **Grief Counseling³:** Provides you and your family up to five face-to-face or telephone sessions with a licensed grief counselor to help cope with a loss or major event.
- **Beneficiary Grief Counseling³:** Personalized counseling sessions to meet your beneficiary's needs. Any beneficiary who receives the life insurance proceeds is eligible for up to five counseling sessions. These sessions can be in-person or by phone with one of TELUS Health network of counselors who provide professional, confidential support during difficult times.
- **Estate Planning:**
 - **Will Preparation⁴:** Offers in-person and phone access to a network of plan attorneys to prepare or update a will, living will or power of attorney.
 - **Digital Estate Planning⁵:** Access to online state-specific tools for will preparation and other key estate planning documents.
- **Accelerated Benefit Option⁷:** In case of terminal illness, you can get early access to a portion of your life insurance proceeds.
- **Portability⁸:** Provides an opportunity to continue your group term life insurance coverage with MetLife at competitive rates if you retire or leave the company.
- **Funeral Discount & Planning Services⁹** Access to Dignity Memorial, the largest network of funeral homes and cemeteries, to pre-plan arrangements and receive a discount on funeral services.

Have other questions? Please call MetLife directly at 1-800-GET-MET8 (1-800-438-6388) and talk with a benefits consultant.

1. Cost of insurance rates are determined using methodologies that vary by company. These rates can vary and will generally increase with age. Rates for active employees may be different than those available to terminated or retired employees. It's important to look at all factors when evaluating the overall competitiveness of rates and the value of life insurance coverage.
2. All applications for coverage are subject to review and approval by MetLife. If you choose to apply for increased coverage, the increase may be subject to underwriting. MetLife will review your information and evaluate your request for coverage based upon your answers to the health questions, MetLife's underwriting rules and other information you authorize us to review. In certain cases, MetLife may request additional information to evaluate your request for coverage. Coverage will be effective in accordance with the applicable policy and certificate after approval by MetLife. Only applicants who reside in a US state, the District of Columbia, or Guam, Northern Mariana Islands, Puerto Rico or US Virgin Islands are allowed to complete their SOH form online (where available). Otherwise, applicants will be provided with a paper SOH form. Individuals residing outside of the US or in certain US territories must be on US payroll and be approved by MetLife before being provided with an SOH form.
3. Grief Counseling and Funeral Assistance services are provided through an agreement with TELUS Health. TELUS Health is not an affiliate of MetLife, and the services TELUS Health provides are separate and apart from the insurance provided by MetLife. TELUS Health has a nationwide network of over 30,000 counselors. Counselors have master's or doctoral degrees and are licensed professionals. The Grief Counseling program does not provide support for issues such as: domestic issues, parenting issues, or marital/relationship issues (other than a finalized divorce). For such issues, members should inquire with their human resources department about available company resources. This program is available to insureds, their dependents and beneficiaries who have received a serious medical diagnosis or suffered a loss. Events that may result in a loss are not covered under this program unless and until such loss has occurred. Services are not available in all jurisdictions and are subject to regulatory approval. Not available on all policy forms.
Only available for MetFlex Principally NOT Located NOT sitused in NY
 Beneficiary Grief Counseling services are provided through an agreement with TELUS Health. TELUS Health is not an affiliate of MetLife, and the services TELUS Health provides are separate and apart from the insurance provided by MetLife. TELUS Health has a nationwide network of over 30,000 counselors. Counselors have master's or doctoral degrees and are licensed professionals. This program is available only to beneficiaries of MetLife group Life Insurance programs. Events that may result in a loss are not covered under this program unless and until such loss has occurred. **Only available for MetFlex Principally Located/sitused in NY.**

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- Included with Supplemental Life Insurance. Will Preparation is offered by MetLife Legal Plans, Inc., Cleveland, Ohio. In certain states, legal services benefits are provided through insurance coverage underwritten by Metropolitan General Insurance Company, Warwick, Rhode Island. For New York situated or principally located cases, the Will Preparation service is an expanded offering that includes office consultations and telephone advice for certain other legal matters beyond Will Preparation. Tax Planning and preparation of Living Trusts are not covered by the Will Preparation Service.
- Digital Estate Planning is not available for customers situated in FL or located in GU, PR and VI. It is not included with dependent life coverages. Domestic Partnerships are not currently supported however members in a domestic partnership may use a MetLife Legal Plans attorney for their planning needs. Online Notary is not available in all states. If you are unable to access the legalplans.com/estateplanning website, you can find a network attorney by calling MetLife Legal Plans at 1-800-821-6400, Monday through Friday, 8am-8pm EST. You will need to provide your company name, customer number and the last 4 digits of the policyholder's social security number. Group legal plans are provided by MetLife Legal Plans, Inc., Cleveland, OH. In certain states, group legal plans are provided through insurance coverage underwritten by Metropolitan General Insurance Company, Warwick, RI.
- Included with Supplemental Life Insurance. Estate Resolution Services are offered by MetLife Legal Plans, Inc., Cleveland, Ohio. In certain states, legal services benefits are provided through insurance coverage underwritten by Metropolitan General Insurance Company Warwick, Rhode Island. Certain services are not covered by Estate Resolution Services, including matters in which there is a conflict of interest between the executor and any beneficiary or heir and the estate; any disputes with the group policyholder, MetLife and/or any of its affiliates; any disputes involving statutory benefits; will contests or litigation outside probate court; appeals; court costs, filing fees, recording fees, transcripts, witness fees, expenses to a third party, judgments or fines; and frivolous or unethical matters.
- You can receive up to [80/50/100%] of your Life insurance proceeds to a maximum of [\$500,000/250,000] in the event that you become terminally ill and are diagnosed with less than [24/12/6] months to live. This can go a long way toward helping your family meet medical and other related expenses at this difficult time. The Accelerated Benefit Option is also available to spouses insured under Dependent Life insurance plans. [This option is not available for dependent child coverage.] The ABO benefits are intended to qualify for favorable federal tax treatment, in which case the benefits will not be subject to federal taxation. This information was written as a supplement to the marketing of life insurance products. Tax laws relating to accelerated benefits are complex and limitations may apply. You are advised to consult with and rely on an independent tax advisor about your own particular circumstances. Receipt of ABO benefits may affect your eligibility, or that of your spouse or your family, for public assistance programs such as medical assistance (Medicaid), Temporary Assistance to Needy Families (TANF), Supplementary Social Security Income (SSI) and drug assistance programs. You are advised to consult with social service agencies concerning the effect that receipt of ABO benefits will have on public assistance eligibility for you, your spouse or your family. All coverage amounts are subject to applicable state laws. To take advantage of this benefit, coverage of at least \$10,000 / \$20,000 must be elected.
- Services and discounts are provided through a member of the Dignity Memorial® Network, a brand name used to identify a network of licensed funeral, cremation and cemetery providers that are affiliates of Service Corporation International (together with its affiliates, "SCI"), 1929 Allen Parkway, Houston, Texas. The online planning site is provided by SCI Shared Resources, LLC. SCI is not affiliated with MetLife, and the services provided by Dignity Memorial members are separate and apart from the insurance provided by MetLife. Not available in some states. Planning services, expert assistance, and bereavement travel services are available to anyone regardless of affiliation with MetLife. Discounts through Dignity Memorial's network of funeral providers are pre-negotiated. Not available where prohibited by law. Not approved for group policies situated in AK, FL, KY, MT, ND, NY and WA. If the group policy is issued in an approved state, the discount is available for services offered in any state except KY and NY, or where there is no Dignity Memorial presence (AK, MT, ND, SD, and WY). For MI and TN, the discount is available for "At Need" services only. For coverage issued under a multiple-employer trust, services are not available for WA residents.

Nothing in these materials is intended to be advice for a particular situation or individual. Please consult with your own advisors for such advice. Like most group insurance policies, insurance policies offered by MetLife contain certain exclusions, exceptions, waiting periods, reductions, limitations and terms for keeping them in force. Please contact your benefits administrator or MetLife for costs and complete details.

MetLife Group Term Life insurance is issued by Metropolitan Life Insurance Company, 200 Park Avenue, New York, NY 10166 under Policy Form# GPNP99.

