

# Help protect your income and lifestyle with Disability Insurance.

Coverage that can help protect your income when you are unable to work.



## Easy to get. Easy to use.

It's easy to apply for disability coverage — and it covers more than you think. From pregnancy to back surgery, as well as long term illnesses and chronic conditions, disability coverage can protect a portion of your income when you're unable to work.

In the event of a disability, you need coverage that's quickly accessible and payments that seamlessly allow you to cover everyday expenses. With disability insurance, you receive disbursements directly, and you can use the money on whatever you like, from groceries and gas to your mortgage.

### If you think you don't need disability insurance, consider this:

- 52% of workers say they have a three-month savings cushion.<sup>1</sup>
- Just over 1 in 4 of today's 20-year-olds will likely become disabled before reaching age 67.<sup>2</sup>

### How long could you live on your savings?

You may not think you'll break your leg, have a complicated pregnancy or get cancer, but if it happened, could you financially cope? With disability insurance, you can confidently answer this question. MetLife believes a good rule of thumb is to protect 50% – 70% of your after-tax income:

- Should you become disabled, you would need to cover your essential living expenses, such as housing, food, transportation and health care.
- While you may have some disability insurance, it may not be enough to meet all of your expenses and financial obligations.

Getting disability insurance may be easier and more affordable than you think

### The real value of disability insurance:

Short term and long term disability insurance can help ensure you still receive part of your salary, so you can continue paying your bills and providing for your family.

Here's a look at what each type covers:

#### Short term disability (STD)\*

- Helps replace a portion of your income for the early period of disability — in general, 13 to 26 weeks.
- Benefits are paid weekly.

#### Long term disability

- Complements short term disability for extended disabilities — often 5 years or until age 65.
- Benefits are paid monthly.

### If you don't have disability insurance, you may have to consider:

- Using your savings: depending on how much you have saved, you could run out quickly.
- Selling property or assets: because of changing market values, you may have to sell assets at a loss.
- Living on spouse's income: one income may not be enough.

Enrollment is simple, and the benefits may be significant and more affordable than you think.

**\*Special Considerations for STD:** If you work in a state with state-mandated disability or paid medical leave benefits ("State Benefits"), you should carefully consider whether to enroll for this coverage. In California, Connecticut, Hawaii, Massachusetts, New Jersey, New York, Puerto Rico, Rhode Island, Washington (and Oregon starting 9/3/23, and Colorado starting 1/1/24), if eligible, you must apply for State Benefits. Your STD benefit will be reduced by State Benefits or other government benefits that apply. Depending on your compensation, the amount of the State Benefit, and other factors, you may only receive the minimum weekly benefit. Please consider, based on your individual circumstances, whether you need additional coverage beyond the State Benefit.

1. MetLife's 21st Annual U.S. Employee Benefit Trends Study 2023

2. Social Security Administration, <https://www.ssa.gov/pubs/EN-05-10029.pdf>. August 2022.

Like most group disability insurance policies, MetLife policies contain certain exclusions, exceptions, waiting periods, reductions, limitations and terms for keeping them in force. Contact your plan administrator for details.