



Underwritten by: **American Heritage Life Insurance Company**

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Group Disability Insurance

Provides a monthly benefit if you are disabled from a sickness or off-the-job injury



Think About This



Just over 1 in 4 of today's 20-year-olds will become disabled before they retire[†]



More than 40% of Americans cannot afford to pay an unexpected \$500 medical bill^{**}



Injuries such as fractures, sprains and strains are the most common short-term disability claims[†]

If you get sick or have an accident, you may not be able to work for some time — and your monthly bills won't wait for you to recover. Disability Insurance can help you replace your lost income and protect your financial health.

Here's How It Works

- Select a monthly benefit to meet the needs of you and your family
- If totally disabled and can't work, you receive a monthly cash benefit
- You receive a monthly cash benefit via check or direct deposit that you can use however you wish

Protecting Your Finances

You've worked hard for your savings – don't let a disability wipe them out.

- Protect your checking and savings
- Don't dip into your 401(k)



Meeting Your Needs

- Benefits start the first day after your elimination (waiting) period, when totally disabled and you cannot work
- Premiums are affordable and can be conveniently payroll deducted
- Coverage may go with you if you leave your job or employer cancels coverage*

[†]Chances of Disability, Council for Disability Awareness, disabilitycanhappen.org/overview, 2020.

^{**}Kaiser Family Foundation, "Data Note: Public Worries About And Experience With Surprise Medical Bills," <https://www.kff.org/1f1c497/> *Refer to your certificate for details.

Coverage offered to the members of:

UFCW Local 371

Meet Joan



Choose

Joan signed up for Disability Insurance during her employer's Open Enrollment.

Use

A few months later, Joan falls off a ladder while painting her house. Here's her story:



Ambulance

Joan visits the emergency room and is examined by a doctor



Diagnosis

She is diagnosed with a torn disc and surgery is scheduled to relieve her pain



Claim

She files her Short Term Disability claim online prior to undergoing surgery



Surgery

Surgery is performed and she is released from the hospital to recover at home



Recovery

Joan has follow-up visits with her doctor during a six week recovery period

Claim

Joan files a claim on her Disability coverage and receives a monthly benefit to help cover her living expenses. She is able to keep track of her coverage by accessing the convenient web portal, **MyBenefits**.

She receives cash benefits for:

- Monthly Disability Benefit

MyBenefits Claim Filing Portal

standard.com/ahl/mybenefits

Offers 24/7 access to important information about your benefits. eSign, submit and check your claims (including claim history), request cash benefits to be direct deposited, make changes to personal information, and more.

Here are some of the ways Joan can use her cash benefits



Finances

Can help protect savings, retirement plans and 401(k)s from being depleted



Travel

Can help pay for expenses while receiving treatment in another city



Home

Can help pay the mortgage, continue rental payments, or home repairs for after care



Expenses

Can help pay for her family's living expenses, such as bills, electricity, and gas

The example above details a fictional situation; your individual experience may vary. For a listing of benefits and benefit amounts, see pages 3 through 9.

Benefits - Benefit paid for the following conditions

Base Policy Benefits

Total Disability - the monthly benefit starts after the elimination period has been met. Benefits will not continue beyond the maximum benefit period

Partial Disability - 50% of the monthly benefit is paid after at least one month that the Total Disability Benefit is payable. Payments continue while partially disabled for up to 3 months, but not beyond the maximum benefit period

Pregnancy - a benefit for pregnancy or childbirth is payable after the certificate has been in force for at least 9 months

Organ Donor - a benefit is paid when disabled from donating an organ

Waiver of Premium - premiums are waived after monthly disability benefits are paid for 30 days in a row, for as long as monthly benefits are paid

Base Policy Benefit Conditions

Concurrent Disability - one monthly benefit is paid, even if you are disabled due to more than one cause. Being disabled from more than one cause does not extend the payment of benefits under the maximum benefit period

Recurrent Disability - a benefit is paid if disabled from the same or related cause within 6 months without a new waiting period

Details of Coverage

Option 1

Maximum Monthly Benefit - \$6,000

Benefit Period - 3 Months

Elimination Period for Accident - 0 Days

Elimination Period for Sickness - 7 Days

Option 2

Maximum Monthly Benefit - \$6,000

Benefit Period - 3 Months

Elimination Period for Accident - 7 Days

Elimination Period for Sickness - 7 Days

Option 3

Maximum Monthly Benefit - \$6,000

Benefit Period - 3 Months

Elimination Period for Accident - 14 Days

Elimination Period for Sickness - 14 Days

Option 4

Maximum Monthly Benefit - \$6,000

Benefit Period - 6 Months

Elimination Period for Accident - 0 Days

Elimination Period for Sickness - 7 Days

Option 5

Maximum Monthly Benefit - \$6,000

Benefit Period - 6 Months

Elimination Period for Accident - 7 Days

Elimination Period for Sickness - 7 Days

Option 6

Maximum Monthly Benefit - \$6,000

Benefit Period - 6 Months

Elimination Period for Accident - 14 Days

Elimination Period for Sickness - 14 Days

Monthly Benefit - Your monthly disability benefit may be reduced if you receive disability payments from other deductible sources of income which include individual disability income policies or other disability group insurance coverage. The calculation of your monthly benefit may also be affected if your state of residence mandates state disability insurance.

Definitions

Total Disability - due to a sickness or injury, you are: unable to perform the material and substantial duties of your own occupation; under the regular care of a doctor; and not working in any job for wage or profit.

Partial Disability - due to a sickness or injury, you are: unable to perform the material and substantial duties of your own occupation on a full-time basis, but are able to work part-time; and under the regular care of a doctor.

Elimination (Waiting) Period - a period of continuous total disability which must be satisfied before you are eligible to receive benefits.

Own Occupation - the occupation you are performing when a period of disability begins.

Option 1

Premium Mode: Weekly

Benefit Period	3	3	3	3	3
Elimination Period Acc/Sick	0/7	0/7	0/7	0/7	0/7
Issue Age	18-49	50-59	60-64	65-69	70 +
Monthly Benefit					
\$400.00	\$2.08	\$2.49	\$2.96	\$3.21	\$3.42
\$500.00	\$2.60	\$3.11	\$3.70	\$4.02	\$4.28
\$600.00	\$3.12	\$3.73	\$4.44	\$4.82	\$5.13
\$700.00	\$3.64	\$4.35	\$5.18	\$5.62	\$5.99
\$800.00	\$4.16	\$4.98	\$5.92	\$6.43	\$6.84
\$900.00	\$4.68	\$5.60	\$6.67	\$7.23	\$7.70
\$1,000.00	\$5.20	\$6.22	\$7.41	\$8.03	\$8.55
\$1,100.00	\$5.72	\$6.84	\$8.15	\$8.84	\$9.41
\$1,200.00	\$6.24	\$7.47	\$8.89	\$9.64	\$10.26
\$1,300.00	\$6.76	\$8.09	\$9.63	\$10.44	\$11.12
\$1,400.00	\$7.28	\$8.71	\$10.37	\$11.25	\$11.98
\$1,500.00	\$7.80	\$9.33	\$11.11	\$12.05	\$12.83
\$1,600.00	\$8.32	\$9.95	\$11.85	\$12.85	\$13.69
\$1,700.00	\$8.84	\$10.58	\$12.59	\$13.66	\$14.54
\$1,800.00	\$9.36	\$11.20	\$13.33	\$14.46	\$15.40
\$1,900.00	\$9.88	\$11.82	\$14.07	\$15.26	\$16.25
\$2,000.00	\$10.40	\$12.44	\$14.81	\$16.07	\$17.11
\$2,100.00	\$10.92	\$13.06	\$15.55	\$16.87	\$17.96
\$2,200.00	\$11.44	\$13.69	\$16.29	\$17.67	\$18.82
\$2,300.00	\$11.96	\$14.31	\$17.03	\$18.48	\$19.67
\$2,400.00	\$12.48	\$14.93	\$17.77	\$19.28	\$20.53
\$2,500.00	\$13.00	\$15.55	\$18.51	\$20.08	\$21.38
\$2,600.00	\$13.52	\$16.18	\$19.26	\$20.89	\$22.24
\$2,700.00	\$14.04	\$16.80	\$20.00	\$21.69	\$23.10
\$2,800.00	\$14.56	\$17.42	\$20.74	\$22.49	\$23.95
\$2,900.00	\$15.08	\$18.04	\$21.48	\$23.29	\$24.81
\$3,000.00	\$15.60	\$18.66	\$22.22	\$24.10	\$25.66
\$3,100.00	\$16.12	\$19.29	\$22.96	\$24.90	\$26.52
\$3,200.00	\$16.64	\$19.91	\$23.70	\$25.70	\$27.37
\$3,300.00	\$17.16	\$20.53	\$24.44	\$26.51	\$28.23
\$3,400.00	\$17.68	\$21.15	\$25.18	\$27.31	\$29.08
\$3,500.00	\$18.20	\$21.77	\$25.92	\$28.11	\$29.94
\$3,600.00	\$18.72	\$22.40	\$26.66	\$28.92	\$30.79
\$3,700.00	\$19.24	\$23.02	\$27.40	\$29.72	\$31.65
\$3,800.00	\$19.76	\$23.64	\$28.14	\$30.52	\$32.50
\$3,900.00	\$20.28	\$24.26	\$28.88	\$31.33	\$33.36
\$4,000.00	\$20.80	\$24.88	\$29.62	\$32.13	\$34.22
\$4,100.00	\$21.32	\$25.51	\$30.36	\$32.93	\$35.07
\$4,200.00	\$21.84	\$26.13	\$31.10	\$33.74	\$35.93
\$4,300.00	\$22.36	\$26.75	\$31.84	\$34.54	\$36.78
\$4,400.00	\$22.88	\$27.37	\$32.59	\$35.34	\$37.64
\$4,500.00	\$23.40	\$28.00	\$33.33	\$36.15	\$38.49
\$4,600.00	\$23.92	\$28.62	\$34.07	\$36.95	\$39.35
\$4,700.00	\$24.44	\$29.24	\$34.81	\$37.75	\$40.20
\$4,800.00	\$24.96	\$29.86	\$35.55	\$38.56	\$41.06
\$4,900.00	\$25.48	\$30.48	\$36.29	\$39.36	\$41.91
\$5,000.00	\$26.00	\$31.11	\$37.03	\$40.16	\$42.77
\$5,100.00	\$26.52	\$31.73	\$37.77	\$40.97	\$43.62
\$5,200.00	\$27.04	\$32.35	\$38.51	\$41.77	\$44.48
\$5,300.00	\$27.56	\$32.97	\$39.25	\$42.57	\$45.34
\$5,400.00	\$28.08	\$33.59	\$39.99	\$43.38	\$46.19
\$5,500.00	\$28.60	\$34.22	\$40.73	\$44.18	\$47.05
\$5,600.00	\$29.12	\$34.84	\$41.47	\$44.98	\$47.90
\$5,700.00	\$29.64	\$35.46	\$42.21	\$45.79	\$48.76
\$5,800.00	\$30.16	\$36.08	\$42.95	\$46.59	\$49.61
\$5,900.00	\$30.68	\$36.70	\$43.69	\$47.39	\$50.47
\$6,000.00	\$31.20	\$37.33	\$44.43	\$48.20	\$51.32

Option 2

Premium Mode: Weekly

Benefit Period	3	3	3	3	3
Elimination Period Acc/Sick	7/7	7/7	7/7	7/7	7/7
Issue Age	18-49	50-59	60-64	65-69	70 +
Monthly Benefit					
\$400.00	\$1.96	\$2.33	\$2.83	\$3.09	\$3.26
\$500.00	\$2.45	\$2.91	\$3.53	\$3.86	\$4.07
\$600.00	\$2.94	\$3.50	\$4.24	\$4.64	\$4.88
\$700.00	\$3.43	\$4.08	\$4.95	\$5.41	\$5.70
\$800.00	\$3.92	\$4.66	\$5.65	\$6.18	\$6.51
\$900.00	\$4.40	\$5.24	\$6.36	\$6.96	\$7.33
\$1,000.00	\$4.89	\$5.83	\$7.07	\$7.73	\$8.14
\$1,100.00	\$5.38	\$6.41	\$7.77	\$8.50	\$8.95
\$1,200.00	\$5.87	\$6.99	\$8.48	\$9.27	\$9.77
\$1,300.00	\$6.36	\$7.58	\$9.19	\$10.05	\$10.58
\$1,400.00	\$6.85	\$8.16	\$9.89	\$10.82	\$11.40
\$1,500.00	\$7.34	\$8.74	\$10.60	\$11.59	\$12.21
\$1,600.00	\$7.83	\$9.32	\$11.30	\$12.37	\$13.02
\$1,700.00	\$8.32	\$9.91	\$12.01	\$13.14	\$13.84
\$1,800.00	\$8.81	\$10.49	\$12.72	\$13.91	\$14.65
\$1,900.00	\$9.30	\$11.07	\$13.42	\$14.68	\$15.47
\$2,000.00	\$9.79	\$11.65	\$14.13	\$15.46	\$16.28
\$2,100.00	\$10.28	\$12.24	\$14.84	\$16.23	\$17.09
\$2,200.00	\$10.77	\$12.82	\$15.54	\$17.00	\$17.91
\$2,300.00	\$11.26	\$13.40	\$16.25	\$17.78	\$18.72
\$2,400.00	\$11.75	\$13.98	\$16.96	\$18.55	\$19.54
\$2,500.00	\$12.24	\$14.57	\$17.66	\$19.32	\$20.35
\$2,600.00	\$12.73	\$15.15	\$18.37	\$20.10	\$21.17
\$2,700.00	\$13.21	\$15.73	\$19.08	\$20.87	\$21.98
\$2,800.00	\$13.70	\$16.32	\$19.78	\$21.64	\$22.79
\$2,900.00	\$14.19	\$16.90	\$20.49	\$22.41	\$23.61
\$3,000.00	\$14.68	\$17.48	\$21.20	\$23.19	\$24.42
\$3,100.00	\$15.17	\$18.06	\$21.90	\$23.96	\$25.24
\$3,200.00	\$15.66	\$18.65	\$22.61	\$24.73	\$26.05
\$3,300.00	\$16.15	\$19.23	\$23.32	\$25.51	\$26.86
\$3,400.00	\$16.64	\$19.81	\$24.02	\$26.28	\$27.68
\$3,500.00	\$17.13	\$20.39	\$24.73	\$27.05	\$28.49
\$3,600.00	\$17.62	\$20.98	\$25.44	\$27.82	\$29.31
\$3,700.00	\$18.11	\$21.56	\$26.14	\$28.60	\$30.12
\$3,800.00	\$18.60	\$22.14	\$26.85	\$29.37	\$30.93
\$3,900.00	\$19.09	\$22.73	\$27.56	\$30.14	\$31.75
\$4,000.00	\$19.58	\$23.31	\$28.26	\$30.92	\$32.56
\$4,100.00	\$20.07	\$23.89	\$28.97	\$31.69	\$33.38
\$4,200.00	\$20.56	\$24.47	\$29.67	\$32.46	\$34.19
\$4,300.00	\$21.05	\$25.06	\$30.38	\$33.23	\$35.00
\$4,400.00	\$21.53	\$25.64	\$31.09	\$34.01	\$35.82
\$4,500.00	\$22.02	\$26.22	\$31.79	\$34.78	\$36.63
\$4,600.00	\$22.51	\$26.80	\$32.50	\$35.55	\$37.45
\$4,700.00	\$23.00	\$27.39	\$33.21	\$36.33	\$38.26
\$4,800.00	\$23.49	\$27.97	\$33.91	\$37.10	\$39.07
\$4,900.00	\$23.98	\$28.55	\$34.62	\$37.87	\$39.89
\$5,000.00	\$24.47	\$29.13	\$35.33	\$38.64	\$40.70
\$5,100.00	\$24.96	\$29.72	\$36.03	\$39.42	\$41.52
\$5,200.00	\$25.45	\$30.30	\$36.74	\$40.19	\$42.33
\$5,300.00	\$25.94	\$30.88	\$37.45	\$40.96	\$43.14
\$5,400.00	\$26.43	\$31.47	\$38.15	\$41.74	\$43.96
\$5,500.00	\$26.92	\$32.05	\$38.86	\$42.51	\$44.77
\$5,600.00	\$27.41	\$32.63	\$39.57	\$43.28	\$45.59
\$5,700.00	\$27.90	\$33.21	\$40.27	\$44.05	\$46.40
\$5,800.00	\$28.39	\$33.80	\$40.98	\$44.83	\$47.21
\$5,900.00	\$28.88	\$34.38	\$41.69	\$45.60	\$48.03
\$6,000.00	\$29.37	\$34.96	\$42.39	\$46.37	\$48.84

Option 3

Premium Mode: Weekly

Benefit Period	3	3	3	3	3
	14/14	14/14	14/14	14/14	14/14
Elimination Period Acc/Sick	18-49	50-59	60-64	65-69	70 +
Issue Age	18-49	50-59	60-64	65-69	70 +
Monthly Benefit					
\$400.00	\$1.33	\$1.68	\$2.04	\$2.15	\$2.39
\$500.00	\$1.67	\$2.10	\$2.55	\$2.69	\$2.99
\$600.00	\$2.00	\$2.52	\$3.06	\$3.23	\$3.58
\$700.00	\$2.33	\$2.94	\$3.56	\$3.77	\$4.18
\$800.00	\$2.67	\$3.36	\$4.07	\$4.30	\$4.78
\$900.00	\$3.00	\$3.78	\$4.58	\$4.84	\$5.37
\$1,000.00	\$3.33	\$4.20	\$5.09	\$5.38	\$5.97
\$1,100.00	\$3.67	\$4.62	\$5.60	\$5.92	\$6.57
\$1,200.00	\$4.00	\$5.04	\$6.11	\$6.45	\$7.17
\$1,300.00	\$4.34	\$5.46	\$6.62	\$6.99	\$7.76
\$1,400.00	\$4.67	\$5.87	\$7.13	\$7.53	\$8.36
\$1,500.00	\$5.00	\$6.29	\$7.64	\$8.07	\$8.96
\$1,600.00	\$5.34	\$6.71	\$8.15	\$8.61	\$9.55
\$1,700.00	\$5.67	\$7.13	\$8.66	\$9.14	\$10.15
\$1,800.00	\$6.00	\$7.55	\$9.17	\$9.68	\$10.75
\$1,900.00	\$6.34	\$7.97	\$9.68	\$10.22	\$11.35
\$2,000.00	\$6.67	\$8.39	\$10.18	\$10.76	\$11.94
\$2,100.00	\$7.00	\$8.81	\$10.69	\$11.30	\$12.54
\$2,200.00	\$7.34	\$9.23	\$11.20	\$11.83	\$13.14
\$2,300.00	\$7.67	\$9.65	\$11.71	\$12.37	\$13.73
\$2,400.00	\$8.00	\$10.07	\$12.22	\$12.91	\$14.33
\$2,500.00	\$8.34	\$10.49	\$12.73	\$13.45	\$14.93
\$2,600.00	\$8.67	\$10.91	\$13.24	\$13.99	\$15.53
\$2,700.00	\$9.00	\$11.33	\$13.75	\$14.52	\$16.12
\$2,800.00	\$9.34	\$11.75	\$14.26	\$15.06	\$16.72
\$2,900.00	\$9.67	\$12.17	\$14.77	\$15.60	\$17.32
\$3,000.00	\$10.00	\$12.59	\$15.28	\$16.14	\$17.91
\$3,100.00	\$10.34	\$13.01	\$15.79	\$16.67	\$18.51
\$3,200.00	\$10.67	\$13.43	\$16.30	\$17.21	\$19.11
\$3,300.00	\$11.00	\$13.85	\$16.80	\$17.75	\$19.70
\$3,400.00	\$11.34	\$14.27	\$17.31	\$18.29	\$20.30
\$3,500.00	\$11.67	\$14.69	\$17.82	\$18.83	\$20.90
\$3,600.00	\$12.00	\$15.11	\$18.33	\$19.36	\$21.50
\$3,700.00	\$12.34	\$15.53	\$18.84	\$19.90	\$22.09
\$3,800.00	\$12.67	\$15.95	\$19.35	\$20.44	\$22.69
\$3,900.00	\$13.01	\$16.37	\$19.86	\$20.98	\$23.29
\$4,000.00	\$13.34	\$16.78	\$20.37	\$21.52	\$23.88
\$4,100.00	\$13.67	\$17.20	\$20.88	\$22.05	\$24.48
\$4,200.00	\$14.01	\$17.62	\$21.39	\$22.59	\$25.08
\$4,300.00	\$14.34	\$18.04	\$21.90	\$23.13	\$25.68
\$4,400.00	\$14.67	\$18.46	\$22.41	\$23.67	\$26.27
\$4,500.00	\$15.01	\$18.88	\$22.92	\$24.20	\$26.87
\$4,600.00	\$15.34	\$19.30	\$23.42	\$24.74	\$27.47
\$4,700.00	\$15.67	\$19.72	\$23.93	\$25.28	\$28.06
\$4,800.00	\$16.01	\$20.14	\$24.44	\$25.82	\$28.66
\$4,900.00	\$16.34	\$20.56	\$24.95	\$26.36	\$29.26
\$5,000.00	\$16.67	\$20.98	\$25.46	\$26.89	\$29.86
\$5,100.00	\$17.01	\$21.40	\$25.97	\$27.43	\$30.45
\$5,200.00	\$17.34	\$21.82	\$26.48	\$27.97	\$31.05
\$5,300.00	\$17.67	\$22.24	\$26.99	\$28.51	\$31.65
\$5,400.00	\$18.01	\$22.66	\$27.50	\$29.05	\$32.24
\$5,500.00	\$18.34	\$23.08	\$28.01	\$29.58	\$32.84
\$5,600.00	\$18.67	\$23.50	\$28.52	\$30.12	\$33.44
\$5,700.00	\$19.01	\$23.92	\$29.03	\$30.66	\$34.04
\$5,800.00	\$19.34	\$24.34	\$29.54	\$31.20	\$34.63
\$5,900.00	\$19.67	\$24.76	\$30.04	\$31.74	\$35.23
\$6,000.00	\$20.01	\$25.18	\$30.55	\$32.27	\$35.83

Option 4

Premium Mode: Weekly

Benefit Period	6	6	6	6	6
Elimination Period Acc/Sick	0/7	0/7	0/7	0/7	0/7
Issue Age	18-49	50-59	60-64	65-69	70 +
Monthly Benefit					
\$400.00	\$2.52	\$3.26	\$3.76	\$3.91	\$4.45
\$500.00	\$3.15	\$4.08	\$4.70	\$4.89	\$5.56
\$600.00	\$3.78	\$4.89	\$5.64	\$5.86	\$6.67
\$700.00	\$4.41	\$5.71	\$6.58	\$6.84	\$7.78
\$800.00	\$5.04	\$6.53	\$7.52	\$7.82	\$8.89
\$900.00	\$5.66	\$7.34	\$8.46	\$8.80	\$10.01
\$1,000.00	\$6.29	\$8.16	\$9.40	\$9.77	\$11.12
\$1,100.00	\$6.92	\$8.97	\$10.34	\$10.75	\$12.23
\$1,200.00	\$7.55	\$9.79	\$11.28	\$11.73	\$13.34
\$1,300.00	\$8.18	\$10.61	\$12.22	\$12.71	\$14.45
\$1,400.00	\$8.81	\$11.42	\$13.15	\$13.68	\$15.56
\$1,500.00	\$9.44	\$12.24	\$14.09	\$14.66	\$16.68
\$1,600.00	\$10.07	\$13.05	\$15.03	\$15.64	\$17.79
\$1,700.00	\$10.70	\$13.87	\$15.97	\$16.61	\$18.90
\$1,800.00	\$11.33	\$14.68	\$16.91	\$17.59	\$20.01
\$1,900.00	\$11.96	\$15.50	\$17.85	\$18.57	\$21.12
\$2,000.00	\$12.59	\$16.32	\$18.79	\$19.55	\$22.23
\$2,100.00	\$13.22	\$17.13	\$19.73	\$20.52	\$23.35
\$2,200.00	\$13.85	\$17.95	\$20.67	\$21.50	\$24.46
\$2,300.00	\$14.48	\$18.76	\$21.61	\$22.48	\$25.57
\$2,400.00	\$15.11	\$19.58	\$22.55	\$23.46	\$26.68
\$2,500.00	\$15.74	\$20.39	\$23.49	\$24.43	\$27.79
\$2,600.00	\$16.37	\$21.21	\$24.43	\$25.41	\$28.91
\$2,700.00	\$16.99	\$22.03	\$25.37	\$26.39	\$30.02
\$2,800.00	\$17.62	\$22.84	\$26.31	\$27.36	\$31.13
\$2,900.00	\$18.25	\$23.66	\$27.25	\$28.34	\$32.24
\$3,000.00	\$18.88	\$24.47	\$28.19	\$29.32	\$33.35
\$3,100.00	\$19.51	\$25.29	\$29.13	\$30.30	\$34.46
\$3,200.00	\$20.14	\$26.10	\$30.07	\$31.27	\$35.58
\$3,300.00	\$20.77	\$26.92	\$31.01	\$32.25	\$36.69
\$3,400.00	\$21.40	\$27.74	\$31.95	\$33.23	\$37.80
\$3,500.00	\$22.03	\$28.55	\$32.89	\$34.21	\$38.91
\$3,600.00	\$22.66	\$29.37	\$33.83	\$35.18	\$40.02
\$3,700.00	\$23.29	\$30.18	\$34.77	\$36.16	\$41.13
\$3,800.00	\$23.92	\$31.00	\$35.71	\$37.14	\$42.25
\$3,900.00	\$24.55	\$31.82	\$36.65	\$38.12	\$43.36
\$4,000.00	\$25.18	\$32.63	\$37.58	\$39.09	\$44.47
\$4,100.00	\$25.81	\$33.45	\$38.52	\$40.07	\$45.58
\$4,200.00	\$26.44	\$34.26	\$39.46	\$41.05	\$46.69
\$4,300.00	\$27.07	\$35.08	\$40.40	\$42.02	\$47.80
\$4,400.00	\$27.69	\$35.89	\$41.34	\$43.00	\$48.92
\$4,500.00	\$28.32	\$36.71	\$42.28	\$43.98	\$50.03
\$4,600.00	\$28.95	\$37.53	\$43.22	\$44.96	\$51.14
\$4,700.00	\$29.58	\$38.34	\$44.16	\$45.93	\$52.25
\$4,800.00	\$30.21	\$39.16	\$45.10	\$46.91	\$53.36
\$4,900.00	\$30.84	\$39.97	\$46.04	\$47.89	\$54.47
\$5,000.00	\$31.47	\$40.79	\$46.98	\$48.87	\$55.59
\$5,100.00	\$32.10	\$41.60	\$47.92	\$49.84	\$56.70
\$5,200.00	\$32.73	\$42.42	\$48.86	\$50.82	\$57.81
\$5,300.00	\$33.36	\$43.24	\$49.80	\$51.80	\$58.92
\$5,400.00	\$33.99	\$44.05	\$50.74	\$52.77	\$60.03
\$5,500.00	\$34.62	\$44.87	\$51.68	\$53.75	\$61.15
\$5,600.00	\$35.25	\$45.68	\$52.62	\$54.73	\$62.26
\$5,700.00	\$35.88	\$46.50	\$53.56	\$55.71	\$63.37
\$5,800.00	\$36.51	\$47.31	\$54.50	\$56.68	\$64.48
\$5,900.00	\$37.14	\$48.13	\$55.44	\$57.66	\$65.59
\$6,000.00	\$37.77	\$48.95	\$56.38	\$58.64	\$66.70

Option 5

Premium Mode: Weekly

Benefit Period	6	6	6	6	6
	7/7	7/7	7/7	7/7	7/7
Elimination Period Acc/Sick	18-49	50-59	60-64	65-69	70 +
Issue Age					
Monthly Benefit					
\$400.00	\$2.36	\$3.11	\$3.54	\$3.68	\$4.18
\$500.00	\$2.95	\$3.88	\$4.42	\$4.60	\$5.23
\$600.00	\$3.54	\$4.66	\$5.30	\$5.52	\$6.27
\$700.00	\$4.13	\$5.43	\$6.19	\$6.44	\$7.32
\$800.00	\$4.72	\$6.21	\$7.07	\$7.36	\$8.36
\$900.00	\$5.31	\$6.99	\$7.96	\$8.28	\$9.41
\$1,000.00	\$5.90	\$7.76	\$8.84	\$9.20	\$10.45
\$1,100.00	\$6.49	\$8.54	\$9.72	\$10.12	\$11.50
\$1,200.00	\$7.08	\$9.32	\$10.61	\$11.04	\$12.54
\$1,300.00	\$7.67	\$10.09	\$11.49	\$11.96	\$13.59
\$1,400.00	\$8.26	\$10.87	\$12.38	\$12.88	\$14.64
\$1,500.00	\$8.85	\$11.65	\$13.26	\$13.80	\$15.68
\$1,600.00	\$9.44	\$12.42	\$14.14	\$14.72	\$16.73
\$1,700.00	\$10.03	\$13.20	\$15.03	\$15.64	\$17.77
\$1,800.00	\$10.62	\$13.97	\$15.91	\$16.56	\$18.82
\$1,900.00	\$11.21	\$14.75	\$16.80	\$17.48	\$19.86
\$2,000.00	\$11.80	\$15.53	\$17.68	\$18.40	\$20.91
\$2,100.00	\$12.39	\$16.30	\$18.56	\$19.32	\$21.95
\$2,200.00	\$12.98	\$17.08	\$19.45	\$20.24	\$23.00
\$2,300.00	\$13.57	\$17.86	\$20.33	\$21.16	\$24.04
\$2,400.00	\$14.16	\$18.63	\$21.22	\$22.08	\$25.09
\$2,500.00	\$14.75	\$19.41	\$22.10	\$23.00	\$26.13
\$2,600.00	\$15.34	\$20.19	\$22.99	\$23.92	\$27.18
\$2,700.00	\$15.93	\$20.96	\$23.87	\$24.83	\$28.23
\$2,800.00	\$16.52	\$21.74	\$24.75	\$25.75	\$29.27
\$2,900.00	\$17.11	\$22.51	\$25.64	\$26.67	\$30.32
\$3,000.00	\$17.70	\$23.29	\$26.52	\$27.59	\$31.36
\$3,100.00	\$18.29	\$24.07	\$27.41	\$28.51	\$32.41
\$3,200.00	\$18.88	\$24.84	\$28.29	\$29.43	\$33.45
\$3,300.00	\$19.47	\$25.62	\$29.17	\$30.35	\$34.50
\$3,400.00	\$20.06	\$26.40	\$30.06	\$31.27	\$35.54
\$3,500.00	\$20.65	\$27.17	\$30.94	\$32.19	\$36.59
\$3,600.00	\$21.24	\$27.95	\$31.83	\$33.11	\$37.63
\$3,700.00	\$21.83	\$28.72	\$32.71	\$34.03	\$38.68
\$3,800.00	\$22.42	\$29.50	\$33.59	\$34.95	\$39.72
\$3,900.00	\$23.01	\$30.28	\$34.48	\$35.87	\$40.77
\$4,000.00	\$23.60	\$31.05	\$35.36	\$36.79	\$41.82
\$4,100.00	\$24.19	\$31.83	\$36.25	\$37.71	\$42.86
\$4,200.00	\$24.78	\$32.61	\$37.13	\$38.63	\$43.91
\$4,300.00	\$25.37	\$33.38	\$38.01	\$39.55	\$44.95
\$4,400.00	\$25.96	\$34.16	\$38.90	\$40.47	\$46.00
\$4,500.00	\$26.55	\$34.94	\$39.78	\$41.39	\$47.04
\$4,600.00	\$27.14	\$35.71	\$40.67	\$42.31	\$48.09
\$4,700.00	\$27.73	\$36.49	\$41.55	\$43.23	\$49.13
\$4,800.00	\$28.32	\$37.26	\$42.43	\$44.15	\$50.18
\$4,900.00	\$28.91	\$38.04	\$43.32	\$45.07	\$51.22
\$5,000.00	\$29.50	\$38.82	\$44.20	\$45.99	\$52.27
\$5,100.00	\$30.09	\$39.59	\$45.09	\$46.91	\$53.31
\$5,200.00	\$30.68	\$40.37	\$45.97	\$47.83	\$54.36
\$5,300.00	\$31.27	\$41.15	\$46.85	\$48.75	\$55.41
\$5,400.00	\$31.86	\$41.92	\$47.74	\$49.67	\$56.45
\$5,500.00	\$32.45	\$42.70	\$48.62	\$50.59	\$57.50
\$5,600.00	\$33.04	\$43.48	\$49.51	\$51.51	\$58.54
\$5,700.00	\$33.63	\$44.25	\$50.39	\$52.43	\$59.59
\$5,800.00	\$34.22	\$45.03	\$51.27	\$53.35	\$60.63
\$5,900.00	\$34.81	\$45.80	\$52.16	\$54.27	\$61.68
\$6,000.00	\$35.40	\$46.58	\$53.04	\$55.19	\$62.72

Option 6

Premium Mode: Weekly

Benefit Period	6	6	6	6	6
Elimination Period Acc/Sick	14/14	14/14	14/14	14/14	14/14
Issue Age	18-49	50-59	60-64	65-69	70 +
Monthly Benefit					
\$400.00	\$1.80	\$2.40	\$3.01	\$3.23	\$3.56
\$500.00	\$2.25	\$2.99	\$3.76	\$4.04	\$4.45
\$600.00	\$2.70	\$3.59	\$4.51	\$4.85	\$5.34
\$700.00	\$3.15	\$4.19	\$5.26	\$5.66	\$6.23
\$800.00	\$3.60	\$4.79	\$6.01	\$6.47	\$7.12
\$900.00	\$4.05	\$5.39	\$6.76	\$7.28	\$8.00
\$1,000.00	\$4.50	\$5.99	\$7.51	\$8.09	\$8.89
\$1,100.00	\$4.95	\$6.59	\$8.26	\$8.90	\$9.78
\$1,200.00	\$5.40	\$7.19	\$9.02	\$9.70	\$10.67
\$1,300.00	\$5.85	\$7.79	\$9.77	\$10.51	\$11.56
\$1,400.00	\$6.30	\$8.38	\$10.52	\$11.32	\$12.45
\$1,500.00	\$6.75	\$8.98	\$11.27	\$12.13	\$13.34
\$1,600.00	\$7.20	\$9.58	\$12.02	\$12.94	\$14.23
\$1,700.00	\$7.65	\$10.18	\$12.77	\$13.75	\$15.12
\$1,800.00	\$8.10	\$10.78	\$13.52	\$14.56	\$16.01
\$1,900.00	\$8.55	\$11.38	\$14.28	\$15.36	\$16.90
\$2,000.00	\$9.00	\$11.98	\$15.03	\$16.17	\$17.79
\$2,100.00	\$9.45	\$12.58	\$15.78	\$16.98	\$18.68
\$2,200.00	\$9.90	\$13.17	\$16.53	\$17.79	\$19.57
\$2,300.00	\$10.35	\$13.77	\$17.28	\$18.60	\$20.46
\$2,400.00	\$10.80	\$14.37	\$18.03	\$19.41	\$21.35
\$2,500.00	\$11.25	\$14.97	\$18.78	\$20.22	\$22.24
\$2,600.00	\$11.70	\$15.57	\$19.54	\$21.03	\$23.13
\$2,700.00	\$12.15	\$16.17	\$20.29	\$21.83	\$24.01
\$2,800.00	\$12.60	\$16.77	\$21.04	\$22.64	\$24.90
\$2,900.00	\$13.05	\$17.37	\$21.79	\$23.45	\$25.79
\$3,000.00	\$13.50	\$17.97	\$22.54	\$24.26	\$26.68
\$3,100.00	\$13.95	\$18.56	\$23.29	\$25.07	\$27.57
\$3,200.00	\$14.40	\$19.16	\$24.04	\$25.88	\$28.46
\$3,300.00	\$14.85	\$19.76	\$24.79	\$26.69	\$29.35
\$3,400.00	\$15.30	\$20.36	\$25.55	\$27.49	\$30.24
\$3,500.00	\$15.75	\$20.96	\$26.30	\$28.30	\$31.13
\$3,600.00	\$16.20	\$21.56	\$27.05	\$29.11	\$32.02
\$3,700.00	\$16.65	\$22.16	\$27.80	\$29.92	\$32.91
\$3,800.00	\$17.10	\$22.76	\$28.55	\$30.73	\$33.80
\$3,900.00	\$17.55	\$23.36	\$29.30	\$31.54	\$34.69
\$4,000.00	\$18.00	\$23.95	\$30.05	\$32.35	\$35.58
\$4,100.00	\$18.45	\$24.55	\$30.81	\$33.15	\$36.47
\$4,200.00	\$18.90	\$25.15	\$31.56	\$33.96	\$37.36
\$4,300.00	\$19.35	\$25.75	\$32.31	\$34.77	\$38.25
\$4,400.00	\$19.80	\$26.35	\$33.06	\$35.58	\$39.13
\$4,500.00	\$20.25	\$26.95	\$33.81	\$36.39	\$40.02
\$4,600.00	\$20.70	\$27.55	\$34.56	\$37.20	\$40.91
\$4,700.00	\$21.15	\$28.15	\$35.31	\$38.01	\$41.80
\$4,800.00	\$21.60	\$28.74	\$36.06	\$38.82	\$42.69
\$4,900.00	\$22.05	\$29.34	\$36.82	\$39.62	\$43.58
\$5,000.00	\$22.50	\$29.94	\$37.57	\$40.43	\$44.47
\$5,100.00	\$22.95	\$30.54	\$38.32	\$41.24	\$45.36
\$5,200.00	\$23.40	\$31.14	\$39.07	\$42.05	\$46.25
\$5,300.00	\$23.85	\$31.74	\$39.82	\$42.86	\$47.14
\$5,400.00	\$24.30	\$32.34	\$40.57	\$43.67	\$48.03
\$5,500.00	\$24.75	\$32.94	\$41.32	\$44.48	\$48.92
\$5,600.00	\$25.20	\$33.54	\$42.08	\$45.28	\$49.81
\$5,700.00	\$25.65	\$34.13	\$42.83	\$46.09	\$50.70
\$5,800.00	\$26.10	\$34.73	\$43.58	\$46.90	\$51.59
\$5,900.00	\$26.55	\$35.33	\$44.33	\$47.71	\$52.48
\$6,000.00	\$27.00	\$35.93	\$45.08	\$48.52	\$53.37



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Pre-Existing Condition Limitation - Benefits are not paid for a disability that starts within 12 months of your effective date from a pre-existing condition. You have a pre-existing condition if the disability began during the 12 months after the effective date; and you received medical treatment, consultation, care or services, diagnostic measures, or took medications or followed treatment recommendations in the 12 months prior to the effective date of coverage, or the date an increase in benefits was effective; or symptoms existed in the 12 months prior to the effective date or the date an increase in benefits was effective.

Exclusions - We do not pay benefits for disabilities resulting from: war or participation in an insurrection or rebellion; illegal activities or participation in an illegal occupation; intentionally self-inflicted injury or action; the voluntary use of any controlled substance as defined in Title II of the Comprehensive Drug Abuse Prevention and Control Act, unless as prescribed by a doctor for you; participation in aeronautics unless a fare-paying passenger on a licensed common-carrier aircraft; cosmetic surgery (complications are covered); pre-existing conditions during the first 12 months of coverage; occupational sickness or injury. We do not pay for disability during incarceration.

Workers' Compensation or State Disability Insurance - The certificate does not replace or affect the requirements for coverage by any workers' compensation or state disability insurance.

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