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Voluntary Long Term Disability Coverage Highlights

NATIONAL RURAL LETTER CARRIERS' ASSOCIATION

Answers to your questions about coverage from Standard Insurance Company





About This Voluntary Long Term Disability Insurance Coverage Highlights Booklet

This booklet is designed to answer some common questions about the group Voluntary Long Term Disability (LTD) insurance coverage being offered by The National Rural Letter Carriers' Association (NRLCA) to eligible members. It is not intended to provide a detailed description of the coverage.

If coverage becomes effective and you become insured, you will receive a group insurance certificate containing a detailed description of the insurance coverage including the definitions, exclusions, limitations, reductions and terminating events. The controlling provisions will be in the *group policy* issued by Standard Insurance Company. Neither the certificate nor the information presented in this booklet modifies the *group policy* or the insurance coverage in any way. If you have additional questions, please contact the NRLCA.

Please note that defined terms and provisions from the *group policy* are italicized in this booklet. Features of the group Voluntary LTD insurance coverage may vary by state.

Voluntary Long Term Disability Insurance Features

Chances are you already purchase home, auto and life insurance to protect yourself against the threat of loss. And you probably have health insurance to guard against costly medical bills.

So, what steps have you taken to help shield yourself, your lifestyle and those who count on you from an unexpected loss of income? Would you be able to meet your financial obligations if you became disabled and unable to work?

LTD insurance is designed to pay a monthly benefit to you in the event you cannot work because of a covered illness or injury. This benefit replaces a portion of your income, thus helping you to meet your financial commitments in a time of need.

By sponsoring group Voluntary LTD insurance from Standard Insurance Company, the NRLCA offers you an excellent opportunity to help protect yourself and your lifestyle. The advantages to you include:

- **Convenience.** With premiums deducted directly from your paycheck, you don't have to worry about mailing monthly payments.
- **Savings.** Typically, group insurance rates are lower than the rates of individual insurance plans, generally providing you with coverage at a lower cost.
- **Peace of Mind.** You can take comfort and satisfaction in knowing that you have taken a step toward securing your income during a period of disability.

What are some of the other features of this coverage?

This LTD coverage has the following features:

- It covers *disabilities* that occur 24 hours a day, both on and off the job.
- Since premium payments are made with "after-tax" dollars, *LTD benefits* are federally tax-free under current federal tax law.
- If your employer makes an approved work-site modification that enables you to return to work while *disabled*, The Standard will reimburse your employer up to a pre-approved amount for some or all of the cost of the modification.
- While *LTD benefits* are payable, you may qualify to participate in a *rehabilitation plan* that prepares you to return to work. If you qualify, The Standard may pay for return to work expenses you incur, such as job search, training and education and family care expenses.

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- If you die while *LTD benefits* are payable, and on the date you die you have been continuously *disabled* for at least 180 days, a *survivors benefit* equal to three times your unreduced *LTD benefit* may be payable. Any *survivors benefit* payable will first be applied to any overpayment of your claim due to The Standard.
- If the *group policy* terminates, *LTD benefits* will continue as long as you are eligible to receive them.

Commonly Asked Questions

The following information provides details to give you a better understanding of group Voluntary LTD insurance available from The Standard. Written in non-technical language, this is not intended as a complete description of the coverage.

Do I need LTD insurance?

If you are not certain that you need LTD coverage, consider if you will be able to meet your financial obligations if you become disabled and unable to work for an extended period of time. The risk of disability may be greater than you think. Recent statistics have shown:

- Nearly one person in five, about 49.7 million Americans, has some type of long lasting condition or disability. (Source: US Census Bureau, *Disability Status: 2000*, March 2003)
- On average, about 2,329 disabling injuries occur every hour during the year. (Source: National Safety Council, *Injury Facts*, 2003)
- 21.3 million or 11.9 percent of all Americans aged 16 to 65 have a disabling condition that affects their ability to work at a job or business. (Source: US Census Bureau, *Disability Status: 2000*, March 2003)

To help determine your need for disability income protection, complete the worksheet below. Fill in amounts for your monthly expenses and income and compare the two. If you depend on your regular paycheck to pay your bills, what will happen if you become sick and unable to work? Are you prepared for the unexpected? Voluntary LTD insurance from The Standard may be part of the solution.

Monthly Expenses

Food	\$ _____	
Mortgage/rent	_____	
Childcare/education	_____	
Utilities (electricity, gas, cable, phone, etc.)	_____	
Clothing	_____	
Debts (credit cards, student & auto loans, etc.)	_____	
Insurance (health, life, auto, home, etc.)	_____	
Taxes	_____	
Other	_____	
Total Monthly Expenses		\$ _____

Monthly Income

Take home pay	\$ _____	
Spouse income	_____	
Other income	_____	
Total Monthly Income		\$ _____

Am I eligible for this coverage?

To be eligible for Voluntary LTD insurance coverage, you must be:

- An active member of The National Rural Letter Carriers' Association excluding temporary and seasonal members, full-time members of the armed forces, leased employees and independent contractors
- Regularly working at least 30 hours each week
- A citizen or resident of the United States or Canada

When is the National Rural Letter Carriers' Association Voluntary LTD plan effective?

The effective date of the Voluntary LTD coverage for members currently enrolled in the LTD program is February 1, 2007. For all others, the effective date of coverage is dependent upon your regional enrollment period. The schedule is as follows:

Southwest and South Atlantic Regions: Effective April 1, 2007

Eastern Region: Effective June 1, 2007

Western and Mid-States Regions: Effective July 1, 2007

When does my insurance go into effect?

The effective date of your coverage depends on when you become an eligible *member*, when you apply and whether you are required to provide *evidence of insurability*.

If you are **not** required to provide *evidence of insurability*, if you apply and agree to pay premiums, your Voluntary LTD coverage becomes effective on:

- The date you become eligible if you apply on or before that date or
- The date you apply if you apply within 31 days after you become eligible

Members who enroll during the initial Open Enrollment Period will not be required to submit *evidence of insurability*. We encourage you to consider this opportunity now to apply for Voluntary LTD coverage.

If you are required to provide *evidence of insurability*, if you apply and agree to pay premiums, your Voluntary LTD coverage becomes effective on the date The Standard approves your *evidence of insurability*. In every case, you must meet the *active work* requirement before your insurance becomes effective.

What is the active work requirement?

Active work means performing with reasonable continuity, the *material duties* of your *own occupation* at your *employer's* usual place of business. You must be capable of *active work* on the day before the scheduled effective date of your insurance or your insurance will not become effective as scheduled. If you are not *actively at work* on the day before the scheduled effective date of insurance, your insurance will not become effective until the day after you complete 1 day of *active work* as an eligible member.

Will I have to provide information regarding my medical history?

If you apply for Voluntary LTD insurance during the initial enrollment period or within 31 days of becoming eligible to apply, and you meet the *active work* requirement, you will automatically qualify to insure *predisability earnings* up to the *guarantee issue amount* of \$7,000 for Option 1 or \$13,333 for Option 2. This means that you will not have to submit satisfactory *evidence of insurability* to purchase coverage up to this amount.

If you apply more than 31 days after becoming eligible to apply, satisfactory *evidence of insurability* is required. You will need to complete and submit a Medical History Statement. In some cases, we may request additional medical information or a physical exam.

Evidence of insurability is also required for reinstatement of terminated coverage and for *members* eligible but not insured under your company's prior LTD insurance plan, if any.

When do LTD benefits become payable?

If you become *disabled* and your claim for *LTD benefits* is approved by The Standard, *LTD benefits* become payable after you have been continuously *disabled* for 60 days under Option 1 or 90 days under Option 2 and remain continuously *disabled*. *LTD benefits* are not payable during this *benefit waiting period*.

When am I considered disabled?

During the benefit waiting period and the own occupation period, you are considered disabled if, as a result of physical disease, injury, pregnancy or mental disorder:

- You are unable to perform with reasonable continuity the *material duties* of your *own occupation*, and
- You suffer a loss of at least 20 percent of your *indexed predisability earnings* when working in your *own occupation*.

The *own occupation period* for the Voluntary LTD coverage is the first 24 months for which *LTD benefits* are paid. You are not *disabled* merely because your right to perform your *own occupation* is restricted, including a restriction or loss of license. You may work in another occupation while you are *disabled* from your *own occupation*, however, you will not be considered *disabled* when your *work earnings* from another occupation exceed 80 percent of your *indexed predisability earnings*.

After the *own occupation period*, you are considered *disabled* if, as a result of *physical disease, injury, pregnancy or mental disorder*, you are unable to perform with reasonable continuity the *material duties* of *any occupation* that you are able to perform, whether due to education, training or experience:

- Which is available at one or more locations in the national economy, and
- In which you can be expected to earn at least 60 percent of your *indexed predisability earnings* within 12 months following your return to work, regardless of whether you are working in that or any other occupation.

How much is the LTD benefit amount?

Your monthly *LTD benefit* is 50 or 60 percent of your insured *predisability earnings* reduced by *deductible income*, depending on which option you choose. The plan minimum and maximum *LTD benefit* amounts are indicated below.

<u>Plan maximum</u> <u>monthly LTD benefit</u>	<u>Plan minimum</u> <u>monthly LTD benefit</u>
Option 1: \$3,500	\$100
Option 2: \$8,000	\$100

How is the LTD benefit amount calculated?

The *LTD benefit* amount is determined by multiplying your insured *predisability earnings* by the specified benefit percentage, reduced by *deductible income*. *Deductible income* is other income you receive or are eligible to receive while *LTD benefits* are payable.

To see an example of your *LTD benefit* under either Option, fill in the blanks below.

	<u>Option 1</u>	<u>Option 2</u>
1. Enter your monthly <i>predisability earnings</i> Note: Monthly insured predisability earnings cannot exceed \$7,000 for Option 1 or \$13,333 for Option 2.	\$ _____	\$ _____
2. Percentage of <i>insured predisability earnings</i>	50%	60%
3. Multiply amount on Line 1 by percentage on Line 2 and enter total here	\$ _____	\$ _____

This is your monthly *LTD benefit* amount before reduction by *deductible income*.

What are predisability earnings?

Predisability earnings are your monthly rate of earnings from your *employer* and typically include:

- Salary
- Commissions averaged over the preceding 12-month period or over the period of employment if less than 12 months
- Shift differential pay
- Contributions you make through a salary reduction agreement with your *employer* to an IRC Section 401(k), 403(b), 408(k), 408(p) or 457 deferred compensation arrangement, or an executive nonqualified deferred compensation arrangement
- Amounts contributed to fringe benefits according to salary reduction agreements under an IRC Section 125 plan

Predisability earnings generally exclude bonuses, overtime pay, your *employer's* contribution to a deferred compensation arrangement or pension plan or any other extra compensation. They are based on your earnings in effect on the last full day of *active work*. Please contact your NRLCA representative for additional information regarding what is included in *predisability earnings*.

What is deductible income?

Deductible income is income you receive or are eligible to receive while *LTD benefits* are payable. It is used to reduce the amount of your *LTD benefit* and includes, but is not limited to, the following:

- Sick pay, annual or personal leave pay, severance pay or other forms of salary continuation (including donated amounts) paid by your *employer*
- Benefits under any workers' compensation law, state disability income benefit law or similar law
- Amounts under unemployment compensation law or similar law
- Social Security disability or retirement benefits, including benefits for your spouse and children
- Disability benefits from any other insurance, including individual insurance for professionals
- Disability or retirement benefits under your *employer's* retirement plan
- Earnings from work activity while you are *disabled*, plus the earnings you could receive if you worked as much as you are able to considering your *disability*
- Earnings or compensation included in your *predisability earnings* and which you receive or are eligible to receive while *LTD benefits* are payable
- Any amount you receive by compromise, settlement or other method as a result of a claim for any of the above

What is the maximum benefit period?

If you become *disabled* before age 62, *LTD benefits* may continue during *disability* until you reach age 65. If you become *disabled* at age 62 or older, the benefit duration is determined by your age when *disability* begins as indicated in the table below.

<u>Age when disability begins</u>	<u>Maximum benefit period</u>
62	3 years 6 months
63	3 years
64	2 years 6 months
65	2 years
66	1 year 9 months
67	1 year 6 months
68	1 year 3 months
69 and above	1 year

When do LTD benefits end?

LTD benefits end automatically on the earliest of:

- The date you are no longer *disabled*
- The date your *maximum benefit period* ends
- The date you die
- The date benefits become payable under any other LTD plan under which you become insured through employment during a period of *temporary recovery*
- The date you fail to provide proof of continued *disability* and entitlement to benefits

What exclusions apply to this coverage?

You are not covered for a *disability* caused or contributed to by any of the following:

- Your committing or attempting to commit an assault or felony, or your active participation in a violent disorder or riot
- An intentionally self-inflicted *injury*, while sane or insane* (insane not applicable for Colorado and Missouri residents)
- *War* or any act of *war* (declared or undeclared, and any substantial armed conflict between organized forces of a military nature)
- The loss of your professional or occupational license or certification
- A *pre-existing condition* or the medical or surgical treatment of a *pre-existing condition* unless on the date you become *disabled*, you have been continuously insured under the *group policy* for the 24-month *exclusion period* and *actively at work* for at least one full day after the end of the *exclusion period*. However, if during the 24-month exclusion period, you are treatment free for 12 consecutive months, benefits may become payable.

What is a pre-existing condition?

A pre-existing condition is a mental or physical condition, whether or not diagnosed or misdiagnosed:

- Which was discovered or suspected as a result of any routine or other medical examination at any time during the *pre-existing condition period* or
- For which you have (or a reasonably prudent person would have) consulted a physician or other licensed medical professional, received medical treatment, services or advice, undergone diagnostic procedures, including self-administered procedures, or taken prescribed drugs or medications at any time during the *pre-existing condition period*.

The *pre-existing condition period* is the 12-month period just before your Voluntary LTD insurance becomes effective.

What limitations apply to this coverage?

LTD benefits are not payable for any period when you are:

- Not under the ongoing care of a *physician* in the appropriate specialty as determined by The Standard
- Not participating in good faith in a plan, program or course of medical treatment or vocational training or education approved by The Standard, unless your *disability* prevents you from participating
- Confined for any reason in a penal or correctional institution
- Able to work and earn at least 20 percent of your *indexed predisability earnings*, but you elect not to work; during the *own occupation period*, the responsibility to work is limited to work in your *own occupation*; thereafter, the responsibility to work includes work in *any occupation*

In addition, payment of *LTD benefits* is limited in duration:

- To 12 months if you reside outside the United States or Canada

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- To 24 months in your lifetime if your disability is caused or contributed to by *mental disorders, substance abuse or other limited conditions*, including but not limited to chronic fatigue conditions, allergy or sensitivity to chemicals or the environment, chronic pain conditions, carpal tunnel or repetitive motion syndrome, temporomandibular joint disorder or craniomandibular joint disorder

When does my Voluntary LTD insurance coverage end?

The Voluntary LTD insurance ends automatically on the earliest of the following:

- The date the last period ends for which you make a premium contribution (except if premiums are waived while *disabled*)
- The date your employment terminates
- The date the *group policy* terminates
- The date you cease to be a *member*, however, insurance may continue for limited periods under certain circumstances as described in the *group policy*
- If applicable, the date your *employer* ceases to participate under the *group policy*

How much will the Voluntary LTD coverage cost?

The monthly premium rates for the group Voluntary LTD coverage are indicated in the table below.

<u>Employee age on Your Effective Date</u>	<u>Premium rate per \$100 of predisability earnings</u>	
	<u>Option 1</u>	<u>Option 2</u>
Under 35	0.590	0.670
Age 35 to 44	0.910	1.030
Age 45 to 54	1.670	1.890
Age 55 and above	3.340	3.770

If you are using an allotment, please use the following formula to calculate your bi-weekly payroll deduction for Voluntary LTD coverage:

Enter your annual <i>predisability earnings</i>	Line 1: _____
Calculate your bi-weekly salary by dividing Line 1 by 26 This amount cannot exceed \$3,231 for Option 1 or \$6,154 for Option 2.	Line 2: _____
Enter your premium rate from the table above	Line 3: _____
Multiply Line 2 by the amount shown on Line 3 then divide by 100	Line 4: _____
Add the administrative fee	Line 5: _____.50____
Add Line 4 and Line 5 and round up or down based on amount (i.e. if \$18.33, round down to \$18.00; if \$18.66 round up to \$19.00)	Line 6: _____

The amount shown on Line 6 is your estimated biweekly payroll deduction.

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If you are using ACH offered by Greater Insurance Services, please use the following formula to calculate your monthly payroll deduction for Voluntary LTD coverage:

Enter your annual <i>predisability earnings</i>	Line 1: _____
Calculate your monthly salary by dividing Line 1 by 12	Line 2: _____
This amount cannot exceed \$7,000 for Option 1 or \$13,333 for Option 2.	
Enter your premium rate from the table above	Line 3: _____
Multiply Line 2 by the amount shown on Line 3 then divide by 100	Line 4: _____
Add the administrative fee	Line 5: <u> 4.00 </u>
Add Line 4 and Line 5 and round up or down based on amount (i.e. if \$18.33, round down to \$18.00; if \$18.66 round up to \$19.00)	Line 6: _____

The amount shown on Line 6 is your estimated monthly payroll deduction.

If you have questions regarding your *predisability earnings*, please contact the NRLCA.

How do I apply for Voluntary LTD insurance coverage?

To apply for Voluntary LTD insurance, complete the Enrollment and Allotment Forms in your enrollment packet, place it in the envelope provided along with a current earnings statement and submit it to the NRLCA Group Insurance Department at:

1630 Duke Street
Alexandria, VA 22314-3466

You can apply at any time, but remember if you apply more than 31 days after becoming eligible, satisfactory *evidence of insurability* is required. Coverage subject to *evidence of insurability* is not effective until approved by The Standard.

What if I have additional questions?

If you have any additional questions, please contact The Standard at 888-414-0383 or the NRLCA at 703-684-5552.

About Standard Insurance Company

The National Rural Letter Carriers' Association has chosen Standard Insurance Company to provide group Voluntary LTD coverage to eligible members. The Standard has earned a solid reputation for its quality products, superior customer service, expert resources, steady growth, innovation and strong financial performance. Founded in 1906, The Standard has developed a national presence in the employee benefits industry, providing customers with group and individual disability insurance and retirement plans, and group life and dental insurance.

Just as others count on you, you can count on The Standard for Voluntary LTD insurance in a time of need.



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