Enroll in NYPERL - an important benefit: New York State Public Employee and Retiree Long-Term Care Insurance Plan

the caring part of your retirement plan.
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About MedAmerica—New York State’s Chosen Insurance Carrier.

MedAmerica Insurance Company of New York is the long term care subsidiary of a $5-billion not-for-profit company that finances and delivers health care to more than 2 million people.

MedAmerica has been offering quality long-term care insurance to employer groups and individuals since 1987. We are recognized as an industry leader for our quality products, excellent service, strong financial position and above all, our total commitment to helping our policyholders and their families when long-term care services are needed. We proudly point to more than 123,000 customers across the country as evidence of our quality, caring approach to providing long-term care insurance.

NYPERL’s CareDirections® Premier insurance, offered exclusively by MedAmerica, is recognized as a quality product at an excellent value for employees, retirees and eligible family members.

A Heritage of Caring
Our commitment: To actively improve the quality of life for those we serve.

MedAmerica works to actively improve the quality of life for those we serve through our unique approach to benefit planning services. When an insured chooses to use our benefit planning services, they will receive assistance from a Personal Care Advisor who will help them and their family members identify providers and services to meet their needs.

Our personal care advisors are a source of comfort as well as information for insureds and their families throughout the long-term care experience.

As our customers have told us repeatedly, it’s not only what we do, but also how we do it that makes MedAmerica different…a caring company.
Long-term care is assistance you need if you are unable to carry out the basic activities of everyday living—bathing, continence, dressing, toileting, eating, or transferring, such as from a chair or bed. The need could arise from an accident or a debilitating illness. Or it could simply be the natural result of aging.

You could need long-term care at any time, at any age.

The actual risk for needing long-term care is greater than 50%. Over 40% of Americans receiving long-term care are under 65 years old. Also, the need for long-term care is likely to increase as life expectancy rises.

Preparing for long-term care is essential for families today. Without planning, your loved ones may be faced with the burden of making decisions for you, not to mention having to provide care or pay the bills for your care themselves.

Long-term care is different from the skilled, short-term care you would receive in a hospital. It is extended care you would receive at home, in an assisted living or a nursing facility, adult day care or hospice.
The Financial Risk:
Who pays for long-term care?

Only a small portion of the long-term care services you are likely to need are covered by health insurance, Medicare or Medicaid. Individuals pay for most of this expense themselves with their own savings.

Consequently, more than half of the patients who begin paying for long-term care become impoverished within one year and become eligible for Medicaid.3

Long-term care is expensive. The average nursing facility cost in New York State is $88,000 per year4 and the average cost of a private room in a nursing home is over $153,000 per year in some parts of the country.5

Considering that the average length of stay in a nursing home is about 2.4 years,6 the total expense for long-term care could jeopardize your life savings.

Even if you plan to remain at home for as long as possible, you should know that the national average cost of home care is over $52,000 a year.7

And in New York State care in an assisted living facility could cost as much as $48,000 per year,8 depending on the level of assistance required.

Clearly, the financial impact of needing long-term care could be devastating.

Would your retirement savings be adequate to finance your care? If not, how will you ensure that you can receive necessary long-term care services in the setting of your choice?
Protect Your Assets.

MedAmerica’s insurance protects you!
You are able to choose how, when and where to receive your long-term care services and protect your financial future in the event long-term care is needed.

If you’re saving for retirement, anticipating financial security for yourself, your spouse or children, long-term care insurance should be a component of your retirement plan.

Think of long-term care insurance as the caring part of your retirement plan—giving you the financial means to help pay for your care while helping to protect the savings and assets you’ve spent a lifetime accumulating.
Protect Your Independence:

Long-term care insurance provides choice, independence and peace of mind.

If you’re like most people, you don’t want to rely on others or burden your family with the unexpected responsibility of caring for you at home, or paying for your care in a facility. With long-term care insurance, you will have choices in how and where you will receive care. If you value your independence and object to the thought of having care decisions made for you, long-term care insurance offers you the peace of mind knowing you will be in control.

Secure Your Future

Consider long-term care insurance to:

1. Protect Your Assets.

Protecting your financial future is important. Why risk draining your assets and compromising your freedom?

NYPERL’s long-term care insurance plan is a cost-effective way to fund the costly expense of long-term care while also helping to preserve your savings and assets.

2. Protect Your Independence.

If you want to remain independent and not have to rely on loved ones or government programs to provide care or finance your care, then consider long-term care insurance. Long-term care insurance provides coverage for home care, nursing facility or assisted living facility and community-based expenses, offering you a full range of long-term care options.


The NYPERL Plan was selected by the New York State Department of Civil Service for its quality benefits design, value, and excellent pricing.

Now is the time to secure your financial and retirement future through the NYPERL plan!
Consider NYPERL Now.

Once you’ve decided to consider long-term care insurance, there are significant reasons for enrolling now:

- Long-term care insurance premiums are based on your age when you apply, the younger you are, the lower your premium.

Plus, the premium is designed to remain level throughout the term of payment. This means that your long-term care insurance premium will not change in the future based on your age or health.

If you buy now, you can take advantage of the lowest rate available to you under this group plan.

Also, keep in mind that once you are accepted for coverage, your coverage cannot be cancelled due to a change in health.
The Choice is Yours:
Design a plan to fit your needs.

Benefits
As a valuable employee/retiree of New York State, or other participating employers, you are given two leading-edge insurance plans from which to choose.

- **NYPERL CareDirections Premier New York State Partnership**
  The New York State Partnership for Long-Term Care was established to assist the residents of New York State in planning for the cost of long-term care. A key and unique feature of a Partnership plan allows you to retain your assets when you become eligible for New York’s Medicaid Extended Coverage.

- **NYPERL CareDirections**
  A leading plan which offers a flexible design of comprehensive benefits.

Both are designed to be tax-qualified plans. NYPERL provides a quality, comprehensive long-term care insurance plan that provides flexibility and choice to design a plan that’s right for you. Coverage includes:

- Home care
- Assisted living facility care
- Adult day care
- Nursing facility care
- Hospice program services

NYPERL offers several Daily Benefit Amounts from which you may choose. You should select the Daily Benefit Amount based on the cost of care where you live or where you plan to retire, and a premium you are comfortable with. Nursing facility rates can be found on our website, www.nyperl.net or call our Customer Service Department, toll free at 1-866-474-LTCI (5824).

2. Choosing Your Lifetime Benefit Amount—Your “Pool of Money”.
All benefit payments are deducted from a Lifetime Benefit Amount, commonly referred to as a “Pool of Money”. Coverage continues until the Lifetime Benefit Amount is exhausted. The Lifetime Benefit Amount is determined by selecting a Daily Benefit Amount and multiplying it by Benefit Days. The example below is based on a Daily Benefit Amount of $180 and Benefit Days totaling 3 years:

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\text{Lifetime Benefit Amount} = \text{Pool of Money} = 1,095 \text{ days (3 yrs.)} \times \$180/\text{day}
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3. What About Inflation Protection?
The value of the coverage you buy today should be protected from increases in long-term care costs that may occur over the years. Choosing Inflation Protection builds the Daily Benefit Amount and “Pool of Money.”

4. Payment Plans.
Various payment options are available; please refer to your enrollment materials for details.

(Plan features and options are described in your enrollment materials.)
Family Matters.

Members of your extended family are also eligible to enroll at these group rates.

Protect your loved ones!

Your spouse, domestic partner, parents, parents-in-law and dependent children (18 through 24) are eligible to apply for coverage at the same excellent rates offered through NYPERL.

Assistance is a call or a click away.

Call 1-866-474-LTCI (5824), toll free, 24 hours a day. Or visit the website: www.nyperl.net.

How to enroll.

After you have reviewed the materials in your enrollment kit, discuss this important information with your eligible family members. Our Customer Service staff will be happy to walk you through the enrollment form and answer any questions you might have. You can also visit our website. Either way, you owe it to yourself and your family to consider how long-term care insurance completes your financial and retirement future.

P.S. Remember to share this information with your eligible family members!
1 Life Plans, Inc., January 2001


3 “Cash Crunch: The Financial Challenge of Long-Term Care for Baby Boomers,” U.S. State Special Committee on Aging, 1998

4 New York State Partnership for Long-Term Care, 2004

5 “Nursing-Home Costs are Climbing,” The Wall Street Journal, August 5, 2003

6 Ibid.

7 Ibid.
