

**Allstate Long-Term Care + Whole Life Insurance  
Program  
FREQUENTLY ASKED QUESTIONS**

**About Long-Term Care**

**Q: What is long-term care?**

A: Long-term care (LTC) is the assistance a person may need with the basic activities of daily living – eating, bathing, dressing, transferring (walk/move), toileting, and continence (bladder/bowel control). It can also include supervision needed due to a health condition to protect a person's health and safety. The need for LTC may develop from things such as an accident, illness, stroke, advanced age, or other chronic condition such as Alzheimer's, dementia, or Parkinson's disease. LTC consists mainly of personal care rather than medical care, which is typically covered by a health plan.

**Q: What are LTC benefits?**

A: LTC benefits are designed to cover some or all the cost for care that is needed when a person is unable to perform basic activities of daily living for an extended period – such as bathing, dressing, or eating. LTC can be provided:

- In your own home by a family caregiver or home health care
- At an adult day care center
- In an assisted living facility or nursing home

These are expenses that are not covered in full by health insurance, disability insurance, or Medicare. You could think of LTC benefits as a financial planning vehicle; a way for you to protect some or all your retirement assets.

**Q: Why do I need LTC protection?**

A: Accidents and illnesses can happen at any age and can include the need for extended personal care. It's impossible to predict your chances of needing LTC or how long you may need it. The U.S. Department of Health and Human Services estimates that 70 percent of people age 65 and older will need some LTC services during their lifetimes. But, regardless of age, it's important to understand the financial impact a few years of LTC could have:

- Nursing Home Care: The national median cost of a year's care in a private long-term nursing home room is \$116,800.\*
- Home Care: The national median in-home care costs \$75,504 a year for 40 hours of help per week.\*
- Assisted Living Care: The national median cost for a 1-bedroom assisted living care facility is \$64,200 per year.\*

LTC benefits can provide peace of mind knowing that you and your family will receive help coordinating care, selecting care options, and covering expenses.

It's important to note that the cost of long-term care benefits is based on your health and age at time of application.

\*Source: Genworth Cost of Care Survey, December 2023

**Q: Do I need LTC protection since I have health insurance?**

A: Long-term care services are not typically covered in full by health insurance plans, which are designed to cover the cost of medical care and treatment but not personal care.

**Q: Do I need LTC protection since I have disability insurance?**

A: Disability insurance and LTC benefits are very different. Disability insurance protects your income when you cannot work for an extended period due to an injury or illness. Long-term care benefits reimburse the cost for personal care and services.

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**Q: Doesn't Medicare or Medicaid cover LTC?**

A: Generally, Medicare doesn't pay for LTC. Medicare may pay for medically necessary skilled care up to 100 days in a facility or in your home if you meet certain criteria. Medicaid is a joint Federal and state program that will pay for certain health services for people with limited income and resources. To qualify for Medicaid, you must meet state-specific poverty guidelines. The state may then help pay for nursing home care or other health care costs.

**The Allstate Long-Term Care + Whole Life Insurance Program**

**Q: What is a hybrid LTC + life insurance policy?**

A: Hybrid LTC + life insurance policies are new, innovative solutions in the LTC insurance market. These policies offer the best of both types of insurance. They cover eligible LTC costs for daily living and personal care — the kind of care you might receive in nursing homes or assisted living facilities — and pay a benefit to your beneficiary upon your death. One way or the other, you'll get a benefit from the policy for the premiums you pay.

**Q: Who is the insurance carrier offering this LTC + Life Insurance program?**

A: This program is offered by Allstate.

**Q: How does the Allstate policy work?**

A: The Allstate policy is a hybrid plan that offers one policy with two benefits—whole life insurance coverage for your family, which includes an accelerated benefit that can be used to pay for LTC benefits if you need them.

**Q: What type of life insurance is included in an Allstate policy with LTC benefits?**

A: The Allstate LTC + Life Insurance program is a whole life insurance policy.

**Q: What is a Whole Life Insurance policy?**

A: Whole Life Insurance provides guaranteed rates for the life of the policy and a guaranteed death benefit to be paid to your beneficiaries. Premiums will never go up and as premiums are paid, the policy is building cash value over time. Premiums are payable to age 95 and the policy will continue to age 121 at which time the policy will mature and pay a lump sum cash benefit if the insured is still living.

**Q: What life insurance benefit options are available?**

A: You choose a death benefit from \$25,000-\$250,000 (\$25,000 increments).

Member Group	All States
Employees age 18-70	\$250,000 GI
Working Spouses/Domestic partners age 18-70	\$75,000 GI
Non-Working Spouses/Domestic partners age 18-70	\$10,000 GI

- **GI - Guaranteed issue (GI):** No health questions asked to obtain coverage. Automatic acceptance into the program provided the employee is actively at work working 20 or more hours per week at the time of enrollment and when coverage goes into effect.

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**Q: What LTC benefits are available under the policy?**

A: You can access 4% of the death benefit per month if you require help with 2 of 6 activities of daily living – eating, bathing, dressing, transferring (walk/move), toileting, and continence (bladder/bowel control) – or suffer cognitive impairment. Benefits are available after a 90-day waiting period. The LTC payment may continue for up to the lesser of 50 months or until an amount equal to 200% of your death benefit is paid out.

**Q: Is informal caregiving (caregiving provided by a family member or relative) available through the LTC benefit?**

A: Yes, if you are receiving formal care services from a home health care agency, adult day care, assisted living facility or LTC facility, any cash left over can be used at your discretion for informal care expenses, such as informal caregiving by friends or family, meal preparation, household services, etc.

**Q: Can premiums go up based on my age?**

A: No, your premium does not increase due to age. You lock-in your premium based on your age at enrollment.

**Q: What if I have a pre-existing condition?**

A: A health condition may be considered pre-existing if you received treatment or medical advice for the issue within 6 months prior to the coverage effective date. Benefits are not paid for a period of chronic illness care resulting from a pre-existing condition that begins within the first 6 months after the effective date of coverage. This does not apply to a period of care beginning 6 months after the effective date.

**Q: Once I am receiving benefits under the plan, do I continue to pay premiums?**

A: No, premium payments will be waived while you are receiving payments under the LTC benefit.

**Q: What if I use a portion of my LTC benefit, how will this impact my death benefit?**

A: Your death benefit would be reduced by the amount of the LTC paid.

**Q: How do I contact Allstate after I've enrolled if I have questions?**

A: For questions, to make changes or cancel your coverage, contact the Allstate Premier Service Center at (866) 828-8501.

## Eligibility & Enrollment

**Q: When can I enroll?**

A: You can enroll in this program during an approved enrollment period

**Q: Do I have to enroll each year?**

A: No, after you have enrolled, you do not need to enroll each year.

**Q: How much does a plan cost?**

A: Premiums vary depending on your age, smoker/non-smoker status and the options you choose. Visit the Benefits Enrollment site during an approved enrollment period to learn more.

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**Q: Should I wait until I am older to buy it?**

A: Premiums are based on your age when you enroll. Typically, the younger you are, the lower your premiums will be. People tend to associate LTC with older age, but an accident or illness requiring LTC services could happen at any time. Enrolling in the benefit now can help ensure you're covered for the unexpected and you get the lowest rate.

**Q: As a new hire, is there a waiting period to enroll in this plan?**

A: Yes, you will be eligible to enroll during an approved enrollment period.

**Q: If I am already enrolled in an LTC plan, can I still enroll with Allstate?**

A: Yes, participants seeking additional coverage on top of what they have today, can enroll in multiple LTC plans if the combined maximum limit does not exceed \$250,000.

**Q: If I have an existing LTC policy, should I retain the existing policy?**

A: Generally, it's not recommended to replace existing coverage. In most instances, since the premiums are based on your age at the time of initial enrollment, retaining your existing policy is more cost efficient. However, we suggest evaluating the costs and analyzing the options.

**Q: Can I cancel coverage at any time?**

A: Yes, you may cancel coverage any time by submitting a written request to Allstate.

**Q: Can I decrease coverage at any time and what is the process to initiate this request?**

A: The only way to decrease your coverage would be to cancel your existing coverage and enroll in a lower benefit amount during an approved enrollment period.

**Q: Can I increase coverage at any time?**

A: Yes, increases are available up to the plan maximum benefit, during an approved enrollment period.

**Q: What happens if I terminate employment or retire from L3Harris?**

A: Your policy is fully portable, which means you can take it with you. There are no changes to your benefits.

**Q: What if I'm due a refund?**

A: Allstate will refund you directly. You may also contact Allstate for your refund status.

**Q: What happens if I stop paying premiums?**

A: The policy will go into a grace period. During the grace period, coverage remains in force, but will terminate if timely premium payments are not received by the end of the grace period. If any premium is unpaid at the end of the grace period and there is no cash value, then coverage will cease to be in force on the last day of the grace period. If any premium is unpaid at the end of the grace period and there is cash value, then Allstate will automatically continue the insurance under the extended term insurance option if the certificate holder is eligible for that option. Otherwise, Allstate will continue the insurance under the reduced paid-up insurance option.

**Q: How can I get more information?**

A: You may contact the Allstate enrollment support team at **(855) 863-2530**, Monday-Friday 8am-5pm Central Time or visit the Benefits Enrollment site home page during an approved enrollment period for Allstate LTC + Whole Life.