

# 10 simple tips: the essentials of disability insurance

No one knows what the future holds, so it's important for you to do your best to prepare for what life may bring. As one of the nation's leading providers of worksite disability benefits,<sup>1</sup> we created these "10 Simple Tips" to provide guidance and answers to common questions about disability insurance. Everyone's circumstances are different, but these will help you get started and make the best decision based on your specific needs.

**1 If you or others depend on your income, you need it.**  
If you have people who depend on your income — or if you depend on your income like most — you need disability insurance. Many people are surprised to learn that Social Security benefits are not available if you are expected to be out of work for less than a year.<sup>2</sup> One year without income could deplete your savings and have a significant impact on your finances.

**2 Disability insurance replaces a portion of your income when you can't work.**  
If you were unable to work due to illness or injury, disability insurance replaces a portion of your income to help pay your most essential expenses, including groceries, school tuition, mortgage or rent and car payments.

**3 You need it even if you're young and healthy.**  
Just over 1 in 4 of today's 20-year-olds may become disabled before reaching age 67.<sup>3</sup> Plus, it's easier and less expensive to get disability insurance when you're young and healthy.

**4 The risk of a disability during your working years may be greater than you think.**  
Over half of Americans with disabilities are between the ages of 18 and 64.<sup>4</sup> Disability insurance helps you to maintain a steady stream of income when you can't work due to illness or injury.

**5 Most long-term absences are due to illnesses, not accidents.**  
While many people think that disabilities are typically caused by accidents and injuries, the majority of long term absences are actually due to illnesses, such as cancer, heart attacks and diabetes.<sup>5</sup>

**6 A good rule of thumb is to protect 60–80% of your after-tax income.**  
You want to be able to meet both short and long term financial responsibilities should you become disabled and unable to work. Visit the easy-to-use Disability Insurance Calculator at [www.disabilityonlinecalc.com](http://www.disabilityonlinecalc.com) to help determine what amount of disability insurance is most appropriate for your situation.

**7 Some disability insurance is better than no disability insurance.**  
Even when budgets are especially tight, it still makes sense to buy enough disability insurance to cover your rent or mortgage and keep your family in their home should you become disabled. Disability insurance may be more affordable than you think, and you may be able to take advantage of competitive group rates if coverage is available through your company.

**8 Make sure you know how much disability insurance you get at work.**  
See if disability coverage is made available to you at work. You might want to look carefully at coverage, though, since your employer-provided coverage alone may not be enough. Find out if you can purchase additional coverage during your open enrollment period.

**9 There is no substitute for good advice.**  
Good advice on how much insurance is right for your needs can be found in a variety of places. Some prefer talking to a trained financial professional, while others prefer to do research online. Whichever approach works best for you, taking action to protect you and your family with disability insurance is an important part of a strong financial plan.

**10 The financial strength and reputation of the company you buy from matters.**  
When you purchase disability insurance, the company you buy from is making a long-term commitment to you. If you become disabled, there is a chance you will receive benefits for an extended period of time. So, it makes sense to buy from a company with experience, financial strength and a solid reputation.

Many people recognize the need for disability insurance, but don't move forward because they don't feel they have a reliable place to start. Start here.

Navigating life together

**For more information,**  
visit [www.metlife.com](http://www.metlife.com) or call 1-877-766-6797.

1. LIMRA, U.S. Group Disability Sales and In Force Survey, 2018.
2. Social Security Administration website, <http://www.socialsecurity.gov/pubs/EN-05-10029.pdf>, January 2017.
3. Social Security Basic Facts, <http://www.ssa.gov/news/press/basicfact.html>, December 2017.
4. 2017 Disability Statistics Annual Report, A Publication of the Rehabilitation Research and Training Center on Disability Statistics and Demographics, [https://disabilitycompendium.org/sites/default/files/user-uploads/AnnualReport\\_2017\\_FINAL.pdf](https://disabilitycompendium.org/sites/default/files/user-uploads/AnnualReport_2017_FINAL.pdf), January 2018.
5. 2015 Council for Disability Awareness, accessed March 2018.

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Like most group disability insurance policies, MetLife policies contain certain exclusions, waiting periods, reductions, limitations and terms for keeping them in force. Please contact MetLife for complete details.

