

# Understanding YOUR LONG-TERM CARE INSURANCE POLICY



So, you're thinking about moving to Edgewood? You have long-term care insurance, but what does that mean? There are hundreds of different policies from dozens of different companies. This worksheet is designed to give you some pointers to help navigate your way through your own existing policy.

## WHAT IS LONG-TERM CARE INSURANCE?

Sometimes referred to as nursing home insurance, long-term care insurance is a product sold to help provide for the cost of long-term care beyond a predetermined period. Long-term care insurance covers care that is generally not covered by health insurance, Medicaid or Medicare. Coverage is usually "triggered" by medical necessity.

## INFORMATION ABOUT MY POLICY

Insurance company name: \_\_\_\_\_

Policy number: \_\_\_\_\_

Customer service phone: \_\_\_\_\_

## LIFETIME MAXIMUM

Most policies have a lifetime maximum. This maximum is either by length of time (example: 3 years) or dollar amount (example: \$300,000). Very few policies have an unlimited lifetime benefit with no maximum.

My policy lifetime maximum is: \_\_\_\_\_



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## ELIMINATION PERIOD

Most policies have a waiting period or "Elimination Period" that is similar to a deductible. This is the period of time you pay for care before your benefits are paid. Elimination periods are often 30, 60, 90, 100, or 120 days.

My policy elimination period is: \_\_\_\_\_

## DAILY BENEFIT

Each long-term care insurance has a specified dollar amount for the "daily benefit," this is the maximum amount of money an insurance company will pay per day.

My policy daily benefit is: \_\_\_\_\_

## INFLATION RIDER

An additional option you may have been presented with is an "inflation rider." With an inflation rider, your daily benefit increases by a fixed percentage each year for a specified period. The lifetime maximum also increases proportionately.

- Yes, I purchased an inflation rider
- No, I did not purchase an inflation rider

## ADL REQUIREMENT

Most long-term care insurance policies have the requirement of being unable to perform Activities of Daily Living (ADLs) without assistance. ADL lists can vary, but generally include:

- Bathing
- Dressing
- Using the toilet
- Transferring to or from a bed or chair
- Eating
- Caring for incontinence

Many policies require that a person needs assistance with two or more ADLs in order to qualify for coverage. Note: A diagnosed cognitive disorder will often times replace the ADL requirement since it proves a person's "medical necessity" for long-term care.

My policy requirements are: \_\_\_\_\_

*Edgewood Healthcare does not endorse or support any long-term care insurance companies or policies. This document is designed to simply help consumers identify specific information about their policy for planning purposes.*