



Help protect your income and lifestyle with Disability Insurance.

Coverage that can help protect your income when you are unable to work.

Disability Insurance: why is it so important?

Long Term Disability and Short Term Disability* Insurance can help protect your income if you are unable to work due to a major injury, chronic condition, cancer or extended illness.

Both Short and Long Term Disability Insurance can help you cover essential living expenses, protect your savings, your home and other assets, and help you avoid having to borrow money from friends or family.

Coverage is easily accessible, and in most cases, payments are made directly to you. If you have Long Term Disability Insurance, you can count on monthly payments. For Short Term Disability Insurance, payments are usually made weekly. Plus, you can use the money for whatever you like, from groceries and gas to your mortgage or rent.

***Special considerations for Short Term Disability Insurance (STD):** If you work in a state with state-mandated disability or paid medical leave benefits (“State Benefits”), you should carefully consider whether to enroll for STD coverage. In California, Connecticut, Hawaii, Massachusetts, New Jersey, New York, Puerto Rico, Rhode Island, Washington, Oregon (starting 9/3/23), and Colorado (starting 1/1/24), if eligible, you must apply for State Benefits. Your STD benefit will be reduced by State Benefits or other government benefits that apply. Depending on your compensation, the amount of the State Benefit, and other factors, you may only receive the minimum weekly benefit. Please consider, based on your individual circumstances, whether you need additional coverage beyond the State Benefit.

For questions, please call
MetLife at
1 800 GET-MET8
(1 800 438-6388)



Why should I enroll?

- Improve your financial security.
- Our application is simple and straightforward, but the benefits are significant. There’s no better time to secure your coverage.

Why it pays to have disability insurance:

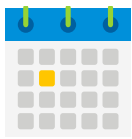
More than one in four of today's 20-year-olds can expect to be out of work for at least a year because of a disabling condition before they reach normal retirement age.¹ Plus, the majority of long-term absences are due to illnesses, such as cancer, heart attacks and diabetes.²

Given its strict definitions of what qualifies as a disability, federal help may be unavailable. Approximately 67% of initial Social Security Disability Insurance claims are denied.³ Social Security benefits are not available if you are expected to be disabled for less than a year. With disability insurance, you can help ensure you still receive part of your salary to cover everyday expenses.

Statutory benefits or medical leave? Only if you work in California, Connecticut, Hawaii, Massachusetts, New Jersey, New York, Puerto Rico, Rhode Island, Washington, Oregon (starting 9/3/23), or Colorado (starting 1/1/24).

Your name is on the check.

Payments are made directly to you. You decide how to spend the money:



Mortgage or rent



Childcare



Grocery Bills

Your benefit in action:

If you experience a major injury or chronic illness, submitting a claim doesn't have to be difficult. Here's what to expect:



Depending on your plan, you can submit your claim by phone, mail or visiting [metlife.com/mybenefits](https://www.metlife.com/mybenefits). Plus, you can track the status of your claim online.



Answer a few simple questions about what happened and upload your medical documentation to support your claim. Once we have everything, claims are typically processed within 10 business days. You only need one claim form per injury or illness and every claim is reviewed by a claims professional.



Once your claim is approved, you'll receive monthly or weekly payments depending on your plan. Use the funds however you like.



Consider this scenario:

Jeff is diagnosed with an autoimmune disorder leaving him temporarily paralyzed. While he's unable to work for eight months, his disability insurance pays a percentage of his income each month, allowing him to focus on his recovery without worrying about where his next paycheck would come from.

This is a hypothetical example and does not represent a specific individual's experience. Your actual experience and results may differ. Potos do not represent actual MetLife customers..

When it comes to disabilities...

For less than the cost of your monthly cell phone bill,⁴ you can get coverage for you and your family.



Discover the advantages of having MetLife Disability Insurance.

Product overview	Short Term and Long Term Disability Insurance can help protect your income if you are unable to work due to a major injury, chronic condition, cancer or extended illness.
Why needed	<p>Disability insurance can help cover important ongoing obligations that could be a challenge to meet during a difficult time, such as:</p> <ul style="list-style-type: none">• Rehabilitation• Family care, such as childcare• Moving expenses• Mortgage or rent payments• Groceries• Car payments
Coverage choices	<p>Short Term Disability Insurance may help replace a portion of your income during the initial weeks of a disability.</p> <p>Long Term Disability Insurance may help replace a portion of your income for disabilities that last for an extended period of time.</p>

Frequently Asked Questions

Why is having disability insurance so important?

A. Whether you choose long or short term coverage, having disability protection can help you cover your essential living expenses and help protect your savings, since it may help replace a portion of your income for an extended period of time.

What are the essential living expenses that I should be most concerned about?

A. Consider any expenses you may incur in the running of your household, including car payments, mortgage or rent payments, groceries, childcare, tuition and more, that would still need to be paid in the event of a disability.

How do disability payments work?

A. Payment will be made directly to you — not your hospital, doctor or insurance company. The payment amount will depend on your plan. Please see your Plan Summary for more information.

How much does disability insurance cost?

A. Disability insurance can be more cost-effective than you may think. For example, a healthy male age 35 may get a \$1,000 monthly benefit for an initial premium of about \$25 a month.⁵ Rates for your plan(s) can be found in your enrollment materials.

Frequently Asked Questions (continued)

Q. How do I pay for my disability insurance?

A. **Premiums will be conveniently paid through payroll deductions**, so you don't have to worry about writing a check or missing a payment.

Q. What happens when I want to file a claim?

A. **MetLife offers various ways to submit your claim based on your plan**, including online, mail and phone options. Plus, you can track the status of your claim online.

As one of the nation's leading providers of disability benefits⁶, you can count on MetLife to provide you with caring, compassionate and accurate claims service if, and when, you experience a disability.

Q. What if I choose not to have Short or Long Term Disability Insurance?

A. **Enrolling in a plan is not mandatory, but it is a good idea and a cost-effective way to help protect your income.** Without disability insurance, you may need to use your savings or tap into other assets to cover your essential living expenses while you recover from a disabling accident or illness.

Q. When can I enroll?

A. **It is best to enroll during your open enrollment period** when medical exams may not be required and health questions may not be asked. The sooner you enroll, the sooner you will enjoy the added financial protection that disability coverage provides.

Enroll in Disability Insurance during annual enrollment.

Please see your Plan Summary for more information.

1. Social Security Administration, <https://www.ssa.gov/pubs/EN-05-10029.pdf>. August 2022.

2. Chances of Disability: Me, Disabled? Council for Disability Awareness website. <http://www.disabilitycanhappen.org/common-causes/>. Accessed May 2023.

3. Social Security Administration Annual Statistical Report on the Social Security Disability Insurance Program, 2021, https://www.ssa.gov/policy/docs/statcomps/di_asr/2021/di_asr21.pdf. October 2022.

4. Based on the lowest average monthly cost of \$50. Macini, Jeannine. "What is the Average Cell Phone Bill Per Month?", MoneyLion, February 15, 2023. <https://www.moneylion.com/learn/average-cell-phone-bill-per-month/>. Accessed March 2023.

5. Actual rates will vary based on factors including the applicant's age, health, occupation and state of residence as well as the amount of coverage, maximum benefit period, waiting period and carrier issuing the coverage. Initial rates may increase.

6. LIMRA, U.S. Workplace Disability Insurance Sales and In Force Survey, Second Quarter 2022.

Like most group disability insurance policies, MetLife policies contain certain exclusions, exceptions, waiting periods, reductions, limitations and terms for keeping them in force. Contact your plan administrator for details.