



The Federal Long Term Care Insurance Program™



## A Guide to Long Term Care Insurance for Qualified Relatives

Did you know that as part of your federal benefits, you and your qualified relatives are eligible to apply for coverage under the Federal Long Term Care Insurance Program (FLTCIP)? Even if you don't apply, consider how a spouse, parent, or other family member may benefit from this important coverage. Share this information with your family today.

### Who's Eligible?

Active and retired members of the uniformed services and Federal and U.S. Postal Service employees and annuitants are eligible to apply for FLTCIP coverage. The following family members are also eligible:

- ▶ spouses and domestic partners of eligible active and retired members of the uniformed services
- ▶ adult children of living eligible active and retired members of the uniformed services
- ▶ parents, parents-in-law, and stepparents of living eligible active members of the uniformed services; parents of retirees are not eligible

### Why Long Term Care Insurance?

Long term care insurance can help ensure your independence and reduce your reliance on loved ones should you need long term care. Long term care insurance can also improve your financial security. It helps protect your income, including pensions and annuities, and your savings, or other investments, from being exhausted by long term care costs. No matter your age, long term care insurance should be considered in your financial plan.

### The Facts About Long Term Care

Long term care is the care you need if you can no longer perform everyday tasks by yourself due to chronic illness, injury, disability, or the aging process. Long term care also includes the supervision you may need due to a severe cognitive impairment (such as Alzheimer's disease). This type of care is not intended to cure you. It's ongoing care that you may need for the rest of your life.

Here are some key facts about long term care to help you understand the importance of long term care insurance:

#### Fact:

**Your chances of needing long term care increase as you grow older.**

According to the U.S. Department of Health and Human Services, about 70% of people turning age 65 will need long term care services at some point in their lives.<sup>1</sup>

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## Coverage Under the FLTCIP

The FLTCIP is designed specifically for the federal family, including members of the uniformed services. As you assess the FLTCIP's value, consider these important benefits:

- ▶ The FLTCIP helps pay for long term care services in a variety of settings (at home or in a facility, such as an assisted living facility, an adult daycare, or a nursing center) and your choice of caregiver.
- ▶ If home care is your preference, the stay-at-home benefit includes a range of services that support care in your home, helping you maintain your quality of life in familiar surroundings.
- ▶ Informal care provided by friends and family members is covered, as long as they do not live in your home at the time you become eligible for benefits. (Note: Benefits for care provided by family members are limited to 500 days.)
- ▶ The premium stabilization feature is designed to reduce the potential need for future premium increases. Under certain conditions, this feature may be used to offset your future premium payments or provide a refund of premium death benefit to your estate or designated beneficiary.
- ▶ The FLTCIP is portable and guaranteed renewable, which means you can continue to keep your coverage as long as you pay your premiums.

Certain medical conditions, or combinations of conditions, will prevent some people from being approved for coverage.

## Contact Us

For more information about the FLTCIP, visit [LTCFEDS.com/militaryfamily](https://LTCFEDS.com/militaryfamily). If you'd prefer to speak to one of our knowledgeable program consultants, please call **1-800-LTC-FEDS (1-800-582-3337) TTY 1-800-843-3557**. They're available to answer any questions you may have and can walk you step-by-step through the plan design and application process.

### Fact:

#### Long term care can be expensive.

**Nursing home cost:** In 2018, the national average cost of a semiprivate room in a nursing home was \$92,710 annually.<sup>2</sup>

**Home care cost:** Home care—which most people prefer—is generally more affordable than nursing home care but can still be expensive. When averaged nationally, the cost of a home health aide visiting six hours per day, five days a week is \$37,440 per year.

The cost of long term care services varies, depending on where you live. To find the cost of long term care in your area, visit [LTCFEDS.com/costofcare](https://LTCFEDS.com/costofcare).

### Fact:

#### Long term care is generally not covered by traditional health insurance plans.

Medicare or traditional types of health insurance plans (including the FEHB Program, TRICARE, and TRICARE For Life) are intended to cover skilled, short term medical care as you recover from an illness or injury.

1. U.S. Department of Health and Human Services. National Clearinghouse for Long-Term Care Information, [longtermcare.acl.gov/the-basics](https://longtermcare.acl.gov/the-basics) (accessed February 2020).
2. John Hancock Life & Health Insurance Company. "John Hancock 2018 Cost of Care Survey," conducted by Long Term Care Group, Inc., December 2019.