

# Estimating your disability income coverage needs



## Why would someone need both short and long term disability income coverage?

Short and Long Term Disability coverages provide financial protection for different periods of time. Short Term Disability coverage is intended to provide financial protection for a disability lasting a few weeks to several months. Some disabilities last longer. Long Term Disability benefits begin after Short Term Disability has been exhausted. Depending on the terms of your plan, you may be eligible to receive Long Term Disability benefits until you are no longer disabled or reach Social Security Normal Retirement Age.

For a complete description of your available benefits, along with applicable provisions, exclusions and limitations, see your certificate of insurance and any riders.

ReliaStar Life Insurance Company (Minneapolis, MN),  
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There may come a time when you can't work because you are sick or injured. If you aren't working, how will you get a paycheck? Disability income insurance can help by providing benefits to replace part of your income when you can't work because of a sickness or injury. This benefit can help to lessen the financial impact of your time out of work for a disability. You may need to meet certain conditions to be eligible for benefits, such as completing a waiting period.

## How much coverage do I need?

The amount of coverage needed is different for everyone. Some things to consider include:

- **Your monthly expenses**  
Will your current savings and resources cover your mortgage or rent payments, credit card bills and other living expenses? How much do you want to cut back while you can't work?
- **Your family**  
Do you have a spouse, children or parents who rely on your income? Would you need to depend on someone else for financial help?
- **Your work expenses**  
Are there expenses, such as commuting or wardrobe, which will be reduced or eliminated if you are not working?
- **Your medical expenses**  
How will you pay the out of pocket costs related to your disability that aren't covered by your health plan; such as copays, deductibles or travel for medical treatment?
- **Other personal needs**  
What other expenses could you anticipate?

## Disability income calculator

Many factors, such as those listed above, can help you to determine the amount of disability coverage you may wish to have. Employers may provide you with a certain percentage of your weekly or monthly earnings and/or you may be able to purchase a percentage of your weekly or monthly earnings for your short- or long-term coverage. Options can vary by employer and plan selected. This information is provided by Voya Employee Benefits for educational purposes only; it is not intended as advice. Please consult a financial professional or licensed insurance producer before making an insurance decision.

### Estimating your disability income coverage needs

How much will you need monthly if you become disabled?* Are there items you could cut back on; such as clothing, gas and cable?	
1. Mortgage/rent payment, utilities	\$
2. Every day expenses; like food, clothing, gas, parking, dependent care	\$
3. Medical costs (doctor visits, lab work, prescription drugs, etc.)	\$
4. Insurance premiums (e.g., life, auto, home)	\$
5. Debt payments (credit cards, student loans)	\$
6. Other expenses	\$
<b>7. Estimated total monthly expenses (add items 1-6)</b>	<b>\$</b>

How much will you earn while you are disabled?*	
8. Spouse's monthly income (if applicable)	\$
9. Employer sick pay	\$
10. Disability insurance payments (state program, individual policies, etc.)	\$
11. Income from savings/investments	\$
12. Child/spousal support	\$
13. Other sources of income (family, friends, home equity loans, etc.)	\$
<b>14. Estimated total monthly income (add lines 8-13)</b>	<b>\$</b>

15. Estimated total monthly income (line 14)	\$
16. Estimated total monthly expenses (line 7)	-\$
<b>17. Estimated monthly surplus or shortage (subtract line 7 from line 14)</b>	<b>\$</b>

Based on your estimate above, if you became disabled and lost the ability to earn a paycheck, you would have the amount shown on line 17 on which to live on each month. If you have more expenses than income (a negative number), disability income coverage could lessen the financial impact of being away from work.

\*Note: This is an estimate of your income, expenses and benefits and does not directly represent benefits to which you may be entitled. Disability income benefits may be offset by other income and by other benefits related to your disability.



This is meant for educational purposes only. A complete description of benefits, limitations, exclusions and termination of coverage will be provided in the certificate of insurance and riders. All coverage is subject to the terms and conditions of the group policy. If there is any discrepancy between this document and the group policy documents, the policy documents will govern. To keep coverage in force, premiums are payable up to the date of coverage termination. Disability Income Insurance is underwritten by ReliaStar Life Insurance Company (Minneapolis, MN), a member of the Voya® family of companies. Policy form HP08GP and/or HP13GP (may vary by state) documents.

ReliaStar Life Insurance Company (Minneapolis, MN), a member of the Voya® family of companies, provides only administrative services for self-funded short term disability income plans. A complete description of coverage will be provided in the plan documents.

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