

Long Term Care Insurance



Fact Sheet

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Type of coverage

Monthly accident and sickness benefits paid when the insured enters a state of dependency and remains dependent for the duration of the 90-day elimination period. On expiration of this period, La Capitale pays a lump sum equal to three times the monthly benefit, and the monthly benefit every 30 days thereafter until the first of the following dates:

- > Date at which the insured is no longer in a state of dependency
- > Date of death of the insured
- > End of maximum period of monthly benefit payments

Note that in determining the date on which the insured enters a state of dependency, the insurer never goes back more than twelve months from the date of the claim, regardless of circumstances.

For Quebec's residents only, Succession Advantage benefit is included in this product. To learn more about this benefit consult Succession Advantage Leaflet.

Waiver of Premiums

Should the insured become and remain dependent without interruption during the elimination period, La Capitale shall waive payment of any premiums due under this contract after the onset of the state of dependency until the earliest of the following dates:

- > Date at which the insured is no longer in a state of dependency
- > End of maximum period of monthly benefit payments

Telephone assistance program

As soon as coverage is effective, La Capitale provides the insured and his/her family members living under the same roof four (4) types of phone assistance:

- > **Access to Health Assistance** to answer questions regarding your lifestyle and general health.
- > **Domestic Assistance** to help you deal with everyday life situations.
- > **Home Assistance** to aid you in finding help, referrals, or phone advice from prequalified local home maintenance and repair resources.
- > **Legal Assistance** to provide answers to your legal questions. Legal advisors help you understand problems and provide information to help you find appropriate solutions for all types of legal issues, except criminal law.

Care assistance program

An insured who has entered a state of dependency or suffers a cognitive impairment can benefit from Convalescence Assistance as soon as the elimination period has ended. At that time, the insured becomes eligible for a full evaluation of his/her needs, including health, daily activities, and domestic activities. Following this evaluation, the insured is offered a customized support program. On acceptance of this program by the insured, a coordination service is offered to the insured including meetings with the various resources involved and negotiation of a service agreement with providers. The program is then monitored regularly based on the insured's needs during the benefit payment period. Fees for services of the various providers may be grouped into a single monthly bill.

Insureds who have entered a state of dependency or suffer a cognitive impairment, as well as their family members living under the same roof may also benefit from Psychological Assistance as soon as the elimination period has ended. This service enables them to contact specialists in person or by phone for help in overcoming the distress caused by the state of dependency. These sessions are paid for by La Capitale and are limited to four (4) for the insured and his/her family members for the duration of the contract.

Plus Option

Long Term Care Insurance is also available with the Plus Option. Premiums (excepting policy fees) are reimbursed upon the death of the insured if no benefits have been paid and the policy has been in force for at least five years.

Indexation option

The monthly benefit is indexed at a rate of 2% compounded annually beginning on the first policy anniversary date and each anniversary date that follows. The monthly benefit including indexation may not exceed \$2,000.

Product features

Age at issue

- > Age at nearest birthday
- > 30 to 80 inclusive

Insured amount

- > Monthly benefits in \$100 increments
- > Minimum \$500
- > Maximum \$ 2,000 or \$ 1,200 if Indexation option is chosen.

Premiums

- > Standard issue only
- > Policy fees: \$150
- > Rates: Male, female, by band, units of \$100
- > Premiums are level for the duration of premium payment, even if the indexation option is selected.

Duration of coverage

- > Life.

Duration of available benefits

- > 2, 3, or 5 years or lifetime of policyholder.

Premium payment period

- > Life

Premiums are payable for life, except during periods when the insured is in a state of dependency. The premium is guaranteed for the first five years. Thereafter, premiums may be increased or decreased according to age at issue. There is no guarantee regarding maximum premium increase.

Definitions

State of dependency

The insured is in a state of dependency when he/she is unable to perform at least two activities of daily without assistance or suffers a cognitive impairment.

Activities of daily living

- > **Feeding:** the ability to consume, with or without the use of adaptive utensils, food or drink that has already been prepared and served by others.
- > **Bathing:** the ability to wash their body in a bathtub (including getting into or out of the bathtub), or in a shower (including getting into or out of the shower), or by a sponge bath, in such a way that an acceptable degree of hygiene is maintained.
- > **Dressing:** the ability to put on or take off all necessary items of clothing and any Medically Necessary braces, surgical appliances or artificial limbs. A “necessary item of clothing” is any item of clothing that can be made, purchased, or purchased and altered and that is reasonable for the insured person’s health, comfort and dignity in the environment in which they normally live.
- > **Transferring:** the ability to move towards a bed, to get into and out of bed, and the ability to sit on a chair or wheelchair and to get up from it, with or without the assistance of auxiliary equipment.
- > **Toileting:** the ability to get to and from, on and off the toilet, and performing the associated personal hygiene.
- > **Continence:** the ability to control bowel and bladder functions voluntarily, with or without surgical/nursing appliances or protection from incontinence, in such a way that an acceptable degree of hygiene is maintained.

Cognitive impairment

Cognitive impairment means the deterioration of mental capacity demonstrated by the inability to think, perceive, reason or remember. Cognitive Impairment results from Alzheimer's disease and other forms of irreversible senile dementia. Cognitive Impairment must meet all of the following conditions:

- > Be based upon clinical results and standards for measuring the deficiency;
- > Have an organic cause;
- > Result in the insured’s inability to care for him or herself without the ongoing supervision of another person.

Mental or nervous disorders without an organic cause are not covered.

Important Notice

In the event of any discrepancy between this fact sheet and the provisions of the contract, the latter shall prevail.