



Why life insurance matters

Life insurance is a cost-effective way to protect your loved ones. Should something unforeseen happen to you, it helps ensure that short- and long-term financial obligations could be met. If you have a spouse or domestic partner, if you have children, they may rely on you to help keep the household running. Paying the mortgage or providing for a child's college education could become more difficult.

Term life insurance gives your loved ones a lump sum payment. This would help them be financially prepared to better handle expenses like:

- Mortgage or rent payments
- Utilities
- Insurance premiums
- Childcare/education fees
- Transportation
- Credit card bills

A premature death is likely to exert a major or devastating impact on financial security, lifestyle and general savings.¹

10x

Annual Income



Experts recommend a coverage amount equal to at least 10 years of your income.²

Review your life insurance needs regularly to help ensure adequate protection for your loved ones.

It's simple to determine the amount of coverage you may need now.

Check out our calculator tool at:

lifeonlinecalculator.com to calculate how much life insurance may be right for you and your family.



Continue to be there for your loved ones with Life Insurance.

They will receive a lump sum payment to help provide a more financially secure future.

■ Life moments ■ Tuition ■ Mortgage or rent

Consider these average Group Term Life Insurance policy costs for a healthy 35-year-old:

\$50,000

in coverage —
estimated cost \$3–\$4
per month³



That's two 12-oz.
soft drinks!⁴

\$250,000

in coverage —
estimated cost \$13–\$20
per month³



That's a movie ticket
and popcorn!⁴

\$500,000

in coverage —
estimated cost \$25–\$40
per month³



That's one month at
a fitness center!⁴

The advantages of getting life insurance through work:

- Competitive group rates
- Convenient payroll deductions
- Easy access to enrollment
- Educational tools to help you decide how much insurance is right for you

The tax advantage

Your beneficiaries typically won't need to pay income tax on the payments they receive.⁵

Consider this scenario:

*My mother passed away when she was only 49. Despite our devastation, my brother and I were able to continue our education because she planned ahead and bought **life insurance**. That's why my husband and I decided to buy a policy after the birth of our sons. We want them to be financially secure if anything were to happen to us.**

Enroll in Life Insurance during annual enrollment

Help ensure your family's financial security with MetLife Life Insurance.

Benefit overview	Term life insurance covers you for a fixed period of time and pays a death benefit to your beneficiary if you pass away during that time.
Why needed	This coverage can help your family be financially prepared to better handle expenses like mortgage or rent payments, utilities, insurance premiums, childcare/education fees, transportation, credit card bills and more.
Coverage offered	Please see your Plan Summary for complete information on the coverage(s) offered through your plan.
Additional value and services	This group life insurance plan may also include: <ul style="list-style-type: none">• Will Preparation:⁶ Offers in-person and phone access to a network of plan attorneys to prepare or update a will, living will or power of attorney.• Estate Resolution Services:⁷ Helps alleviate the administrative and financial burden of probating an employee's estate.

Please see your Plan Summary for more information.

Frequently Asked Questions

Q. What is a beneficiary?

A. **The person you choose to receive the life insurance proceeds should something happen to you.** It's possible to have multiple beneficiaries and you can update them regularly should your circumstances or needs change.

Q. I already have basic life insurance through my employer, why do I need more?

A. **While having life insurance provided by your employer is a great benefit, it's possible that it may not be enough to adequately provide for your loved ones.** Additional life insurance can give them greater financial security if you are no longer here to earn a paycheck.

Q. How much life insurance do I need?

A. **Everyone is different, but it may be more than you have now.** The insurance you need changes as your life changes — for example, getting married, starting a family or buying a home may change the coverage you need. Many people are surprised to learn that they may not have enough life insurance to cover the many expenses their loved ones may face.

Enroll in Life Insurance during annual enrollment

Q. How much will it cost?

A. It may be less expensive than you think. MetLife's group life insurance plans are a cost-effective way for you to provide for your loved ones with competitive group rates and a wide range of coverage options to choose from. Exact rates can be found in the enrollment materials provided by your employer.

Q. How do I pay for my coverage?

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

Q. How are claims paid?

A. A claim needs to be filed with the life insurance company upon the death of the insured. A tax-free death benefit is paid in a single lump-sum to your chosen beneficiary or beneficiaries.⁵

Have other questions?

Please call MetLife directly at **1 800 GET-MET8 (1 800 438-6388)** and talk with a benefits consultant.

* Individual results may vary. MetLife has not compensated anyone for this testimonial.

1. MetLife's 2020 Study of the Financial Impact of Premature Death.
2. Danise A. How Much Life Insurance Do You Need. Forbes website. <https://www.forbes.com/advisor/life-insurance/how-much-life-insurance-do-you-really-need/>.
3. Based upon internal MetLife calculation.
4. https://www.numbeo.com/cost-of-living/country_result.jsp?country=United+States. Accessed May 2021.
5. In general, death benefits are received income tax free.
6. Included with Supplemental Life insurance. Will Preparation Services are offered by MetLife Legal Plans, Inc, Cleveland, Ohio. In certain states, legal services benefits are provided through insurance coverage underwritten by Metropolitan Property and Casualty Insurance Company and affiliates, Warwick, Rhode Island. For New York-sitused cases, Will Preparation Services are an expanded offering that includes office consultations and telephone advice for certain other legal matters beyond will preparation. Tax planning and preparation of living trusts are not covered by the Will Preparation Services.
7. Included with Supplemental Life Insurance. Estate Resolution Services are offered by MetLife Legal Plans, Inc., Cleveland, Ohio. In certain states, legal services benefits are provided through insurance coverage underwritten by Metropolitan Property and Casualty Insurance Company and Affiliates, Warwick, Rhode Island. Certain services are not covered by Estate Resolution Services, including matters in which there is a conflict of interest between the executor and any beneficiary or heir and the estate; any disputes with the group policyholder, MetLife and/or any of its affiliates; any disputes involving statutory benefits; will contests or litigation outside probate court; appeals; court costs, filing fees, recording fees, transcripts, witness fees, expenses to a third party, judgments or fines; and frivolous or unethical matters.

Nothing in these materials is intended to be advice for any particular situation or individual. Like most group life insurance policies, MetLife insurance policies have certain exclusions, limitations, reductions of benefits and terms for keeping them in force. Please contact your benefits administrator or MetLife for costs and complete details.

Life coverages are provided under a group insurance policy (Policy Form GPN99 or G2130-S) issued to your employer by MetLife. Life coverages under your employer's plan terminates when your employment ceases, when your Life contributions cease, or upon termination of the group insurance policy. Dependent Life coverage will terminate when a dependent no longer qualifies as a dependent. Should your life insurance coverage terminate, for reasons other than non-payment of premium, you may convert it to a MetLife individual permanent policy without providing medical evidence of insurability.

MetLife Group Term Life Insurance is issued by Metropolitan Life Insurance Company, 200 Park Avenue, New York, NY 10166 under Policy Form# GPNP99.



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