

MAY IS DISABILITY INSURANCE AWARENESS MONTH

Do you really want to live without this coverage? If you forgo it, you may pay a high price.



Disability

insurance is an important insurance coverage that most people lack. Many people think of it as optional – when they think of it at all.

Have you thought about it? If you are a parent or a head of household, you should. The odds of a disability are not that long. The Council for Disability Awareness, a non-profit research and education group, estimates that roughly a quarter of today's 20-year-olds may become disabled at some point in their working lives.¹

If you are a breadwinner going without disability insurance, are you taking a risk? Suppose an injury stops you from working for months or years. Even if your household benefits from two or more incomes, the financial hit could be significant. It could lead you to borrow to make ends meet. It could direct money away from college saving, retirement planning, or a small

business toward your household expenses. Medical costs related to the injury or disability might drain your bank or retirement accounts.

The economic shock may be even more pronounced if you are single and self-employed. How long could you last without a paycheck?

Disability insurance benefits can help you compensate for lost income. Short-term disability coverage (commonly six months or less) pays you around 60-70% of your base salary; there may be a dollar cap on monthly payouts. Long-term coverage usually pays you around 40-60% of your base salary; payouts often begin after a 90-day waiting period. They can be made to you as long as you are disabled, until you retire, or the term of the policy ends.²

How affordable is this coverage? Very. Annual premiums are usually 1-3% of your yearly income. As with life insurance coverage, age, health, occupation, and gender are the major variables affecting policy premiums.²

Yes, some employers sponsor short-term disability coverage. (California, New York, New Jersey, Rhode Island, Hawaii, and Puerto Rico require employers to offer it.) This coverage may apply even if the worker's disability is unrelated to his or her job. The term of coverage is often too short, however – it can be as short as nine weeks. As

the CDA notes, the average long-term disability incident lasts 34.6 months.¹

Wondering about Social Security Disability Insurance (SSDI)? To receive any of that, you must first meet the Social Security Administration's definition of "disabled" – and cash benefits are typically only granted to those unemployed a year or longer. If you can perform any other kind of work, your chances of getting any SSDI may be slim.^{3,4}

What about workers' compensation insurance? That is a form of disability insurance, but it only pays out if the injury or disability occurs on the job. Most long-term disabilities do not stem from work-related injuries.²

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1 - thebalance.com/short-term-disability-basics-1177839 [10/19/16]

2 - nerdwallet.com/blog/insurance/disability-insurance-explained/ [6/27/16]

3 - ssa.gov/planners/disability/dqualify.html [3/29/17]

4 - ssa.gov/planners/disability/dqualify5.html [3/29/17]

EASY WAYS TO GET ACTIVE

It's time to start taking care of your health! April was National Stress Awareness Month. May is National Physical Fitness Month. June is National Men's Health Awareness Month. There are some quick and easy ways to get more active and help keep you moving towards better physical fitness.

>> Walk

Doctors say that walking, even just a few minutes a day, can improve your health and save you money. By improving your heart health you can save on doctor's visits and prescription medications.

- Park farther away from the store.
- Take a family stroll after dinner.
- Aim for 30 minutes a day.

>> Do housework

Some people find it hard to get in the recommended 150 minutes of moderate exercise per week, but the average person spends 143 minutes per week cleaning house. Why not get some benefits of breaking a sweat while getting rid of those dust bunnies?

- Set a timer for 30 minutes and work as quickly and as intensely as you can.
- Turn on some upbeat music to get you going.
- You can burn up to 190 calories by vacuuming for 1 hour.

>> Don't be a couch potato

We all have our favorite TV shows that we love to watch every week. Why not sneak in a workout while getting your weekly fix at the same time? No one said that you had to sit on the couch to enjoy your favorite show.

- Do jumping jacks during those boring commercial breaks.
- Ride a stationary bike during the whole show.
- Look online for TV show workout ideas - there are tons of them.

>> Track your moves

With today's technology, there are many different options for fitness trackers. They can track anything from your steps, your heart rate, or even your sleep habits. This can be a great motivator to get you moving and on track to a healthier daily routine.

- Do your research and find one that fits your needs.
- Doesn't have to be the most expensive - just make sure you are going to use it.
- Set a daily goal and get moving.

>> Play

No one said exercising had to be a mundane chore. Playing outside as a family and with your kids can be quite a workout too. Get physical and get moving.

- A game of baseball/football.
- Throw the frisbee.
- Walk the dog.
- Plant a garden or some flowers.
- Run through the sprinklers or have a water balloon fight on a hot day.
- Go for a bike ride.

Every little bit of physical activity helps, and it is one of the best things you can do for your heart. It is okay to start small, but the important thing is to start in the first place. So take advantage of the warmer weather, and start taking steps today to help improve your physical health tomorrow.



COMMUNITY INVOLVEMENT

>> Wealth Advisors of Tampa Bay sponsored the Distinguished Citizen award luncheon for **Greater Tampa Bay Area Council of the Boy Scouts** honoring Ben Hill, III. Over 400 attendees and guest speaker Charlie Strong, USF Football Coach. [3/9]



>> Wealth Advisors of Tampa Bay sponsored the **Hospice Cup Regatta Dinner and Auction** benefiting LifePath Hospice. [4/8] The **Sailboat Regatta** also hosted by Wealth Advisors of Tampa has over 100 boats registered for the race at Davis Island Yacht Club. [4/22]

Greater Tampa Bay Area Council of the Boy Scouts, LifePath Hospice, Davis Island Yacht Club, Wealth Advisors of Tampa Bay and LPL Financial are separate entities.

GET TO KNOW US

WHAT IS YOUR FAVORITE VACATION SPOT?

>> Fenn Jr

Still Longboat Key, but out of FL would be Petit St Vincent, Grenadine Islands.

>> Roger

Visiting the Hills of North Carolina or the Sunny Beaches of Florida.

>> Gessie

Some places I've enjoyed going to in the past that I would return to are Boston, Amalfi Italy, Hawaii, London, and NY. However, I'm always excited to experience someplace new.

>> Fenn III

Wherever family is... Madison, Wisconsin or Houston, Texas.

>> Carla

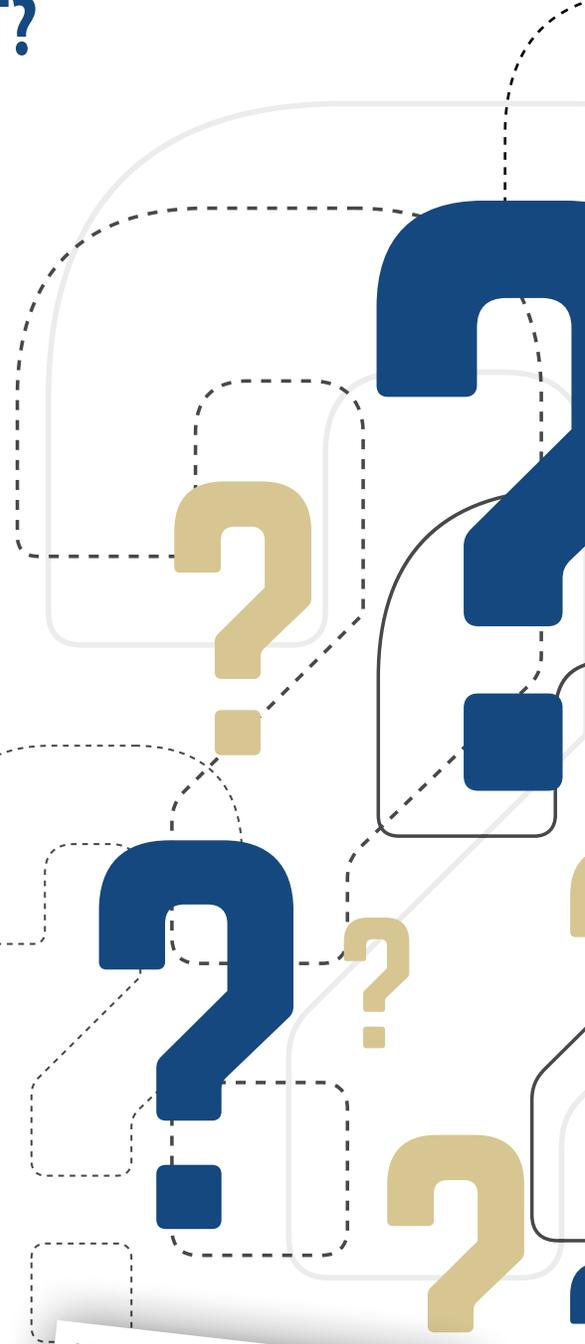
Visiting my family's camp on Clearwater Lake in Maine and going to Boothbay Harbor in Maine for delicious Maine Lobster.

>> Elizabeth

Hawaii.

>> Stephanie

California.



ANNOUNCEMENT

Carla, Jake, & Big Brother Andy welcomed **Madeleine Jean Schoolfield** to the family. [1/31]





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