

MyLongTermCare / MyLongTermCare Plus

Supplements government long-term care schemes, gives you greater assurance

Long-term care is the help you'll need for personal tasks like feeding and moving around should you become severely disabled.

What's the right age to plan for long-term care? ☐ 30 years old ☐ 40 years old ☐ 50 years old

Consider these points to make an informed decision:

1. Severe disability can happen at any age.

Top three causes of severe disability based on new claims Aviva processed from 1 January 2018 to 30 June 2020.

1 **38%** due to stroke

2 **26%** due to cancer

3 **6%** due to degenerative disease

While health issues like stroke and cancer are more common during the advanced years in life, there's no denying that they can affect anyone, regardless of age.

2. Long-term care can be costly and prolonged

Extent and cost of care needed



S\$2,324/month¹
on average



3 in 10

could remain severely disabled for 10 years or more²

By having adequate coverage for your needs from your 30s, you'll have less worries about long-term care financing, whether you're afflicted by severe disability during your working years or retirement years.

Do you know which national long-term care scheme Singapore Citizens and Permanent Residents are eligible for?

Year of birth	National long-term care scheme you're eligible for
1991 and later	CareShield Life when you turn 30 years old.
Between 1980 and 1990	CareShield Life when it's launched in 2020.
Between 1970 and 1979	Currently insured under ElderShield-400 Scheme. Coverage will automatically switch to CareShield Life from end-2021 ³ , provided you're not severely disabled. For those who have opted out and are not insured under ElderShield, you can choose to join CareShield Life from end-2021, provided you're not severely disabled.
1969 and earlier	If you're insured under ElderShield-300 or ElderShield-400, you can choose to join CareShield Life from end-2021, provided you're not severely disabled. For those currently not insured under ElderShield, you can choose to join CareShield Life from end-2021, provided you're not severely disabled.



Log in to the Central Provident Fund Board website (www.cpf.gov.sg) to check your current long-term care coverage details.

Under both CareShield Life and ElderShield, you're considered to be severely disabled if you're unable to perform at least 3 of the 6 Activities of Daily Living⁴ (ADL).



* For more details on CareShield Life and ElderShield, please refer to <https://www.careshieldlife.gov.sg/careshield-life/about-careshield-life.html> and <https://www.careshieldlife.gov.sg/eldershield/about-eldershield.html> respectively.

Introducing **MyLongTermCare** and **MyLongTermCare Plus**

As long-term care costs keep rising, you need a good plan to help you. Aviva is one of the insurers approved by the Ministry of Health to offer you CareShield Life supplements that enhance your basic CareShield Life coverage.

With **MyLongTermCare** and **MyLongTermCare Plus**, your basic coverage is enhanced, with higher long-term care payouts for up to a lifetime and other care benefits.

As a CareShield Life supplement holder, you can pay premiums using MediSave (up to S\$600 per calendar year per Life Assured)⁵. Your MediSave funds can also be used to pay the premiums for your family members such as your spouse, children and parents.

Features	CareShield Life	MyLongTermCare	MyLongTermCare Plus																						
Severe Disability ⁴ definition	Inability to perform at least 3 out of 6 ADL		Inability to perform at least 2 out of 6 ADL																						
Monthly benefit ⁶ duration	Lifetime (for as long as you're unable to perform at least 3 out of 6 ADL)		Lifetime (for as long as you're unable to perform at least 2 out of 6 ADL)																						
Monthly benefit ⁶ amount	Starting at S\$600 per month in 2020	S\$200 to S\$5,000 (in increments of S\$100) on top of CareShield Life's payout																							
Availability of increasing payouts	Payouts increase at 2% per annum ⁷ (p.a.) until age 67, or when a claim is made, whichever is earlier	<div>Choice of fixed payouts or increasing payouts at a fixed rate of 2% or 3% p.a. until the end of the premium term, or when a claim is made, whichever is earlier.</div> <div>Example of selecting S\$1,000 monthly benefit⁶ under these three options:</div> <table><thead><tr><th></th><th colspan="3">Monthly benefit⁶ at each policy year</th></tr><tr><th>Become severely disabled⁴ in policy year</th><th>Fixed payout</th><th>Payout increasing at 2% p.a.</th><th>Payout increasing at 3% p.a.</th></tr></thead><tbody><tr><td>1</td><td>S\$1,000</td><td>S\$1,000</td><td>S\$1,000</td></tr><tr><td>2</td><td>S\$1,000</td><td>S\$1,020</td><td>S\$1,030</td></tr><tr><td>3</td><td>S\$1,000</td><td>S\$1,040</td><td>S\$1,061</td></tr></tbody></table> <div>The table above illustrates the payout in the first 3 policy years should the Life Assured suffer a Severe Disability⁴. For details, please refer to the Product Summary.</div>					Monthly benefit ⁶ at each policy year			Become severely disabled ⁴ in policy year	Fixed payout	Payout increasing at 2% p.a.	Payout increasing at 3% p.a.	1	S\$1,000	S\$1,000	S\$1,000	2	S\$1,000	S\$1,020	S\$1,030	3	S\$1,000	S\$1,040	S\$1,061
	Monthly benefit ⁶ at each policy year																								
Become severely disabled ⁴ in policy year	Fixed payout	Payout increasing at 2% p.a.	Payout increasing at 3% p.a.																						
1	S\$1,000	S\$1,000	S\$1,000																						
2	S\$1,000	S\$1,020	S\$1,030																						
3	S\$1,000	S\$1,040	S\$1,061																						
Premium term	<div>Pay up to age 67⁸ (inclusive of the year you turn age 67)</div> <div>Note: Premiums will increase over time to support payout increases</div>	<div>a. Pay up to the policy anniversary after your 97th birthday (98 Age Next Birthday (ANB)); or</div> <div>b. Pay for a limited period:<ul style="list-style-type: none">up to the policy anniversary after your 67th birthday (68 ANB) orfor 20 years from entry age (for those who join at 49 ANB and above), whichever is later.</div> <div>Note : Premiums will increase at 2% or 3% p.a., the same rate you choose for your increasing payout.</div>																							

Additional **care benefits** to support you

Benefits	Condition for payout	Details of benefit, frequency and duration	
		MyLongTermCare	MyLongTermCare Plus
Lump Sum Benefit	When you're severely disabled ⁴	A one-time benefit that is 3 times of your first monthly benefit ⁶	
Rehabilitation Benefit	When your condition improves but you're still unable to perform 2 ADL	50% of your last monthly benefit ⁶ , for as long as you're unable to perform 2 ADL	Nil
Dependant Care Benefit	When you're receiving the monthly benefit ⁶ or Rehabilitation Benefit and have a child 22 ANB and below at the point of claim	An additional 20% of your monthly benefit ⁶ , for up to 36 months	
Caregiver Relief Benefit	When you're receiving the monthly benefit ⁶ or Rehabilitation Benefit	An additional 60% of your monthly benefit ⁶ , for up to 12 months	
Waiver of Premium	When you're unable to perform at least 1 ADL	Future premiums are waived, for as long as you're unable to perform at least 1 ADL	
Death Benefit	When death occurs while you're receiving the monthly benefit ⁶ or Rehabilitation Benefit	One-off payout of 3 times of your last paid monthly benefit ⁶ or Rehabilitation Benefit	

Note: Deferment Period applies for selected benefits⁹.

Additional feature – **Guaranteed Issuance Option¹⁰ (GIO)**

In addition, we understand that as you go through key milestones in life, your protection needs may increase. With the **Guaranteed Issuance Option**, you have the flexibility to increase your monthly benefit⁶ without further health underwriting at key life stage events.



How **MyLongTermCare** can help you

Illustration 1:

Mr Ang, 35 ANB, buys **MyLongTermCare** with a **S\$1,000 monthly benefit⁶**, that increases at 2% annually. This benefit is on top of his CareShield Life coverage. He opts for a **limited premium payment term** up to the policy anniversary after his 67th birthday (68 ANB), so he won't have to worry about payments when he retires.



MyLongTermCare premiums and payouts		
Age Next Birthday (ANB)	Yearly premium, increasing at 2% p.a.	Monthly benefit ⁶ from MyLongTermCare, increasing at 2% p.a.
35	S\$814.27	S\$1,000
36	S\$830.56	S\$1,020
...
65	S\$1,474.64	S\$1,811

Note: The premiums and payouts illustrated above are not inclusive of CareShield Life's premiums and payouts.



Receives S\$1,811 monthly benefit⁶ for as long as he can't perform 3 ADL



Receives S\$5,433 Lump Sum Benefit



Receives S\$362.20 monthly as Dependant Care Benefit for up to 36 months, as he has a son below 22 ANB

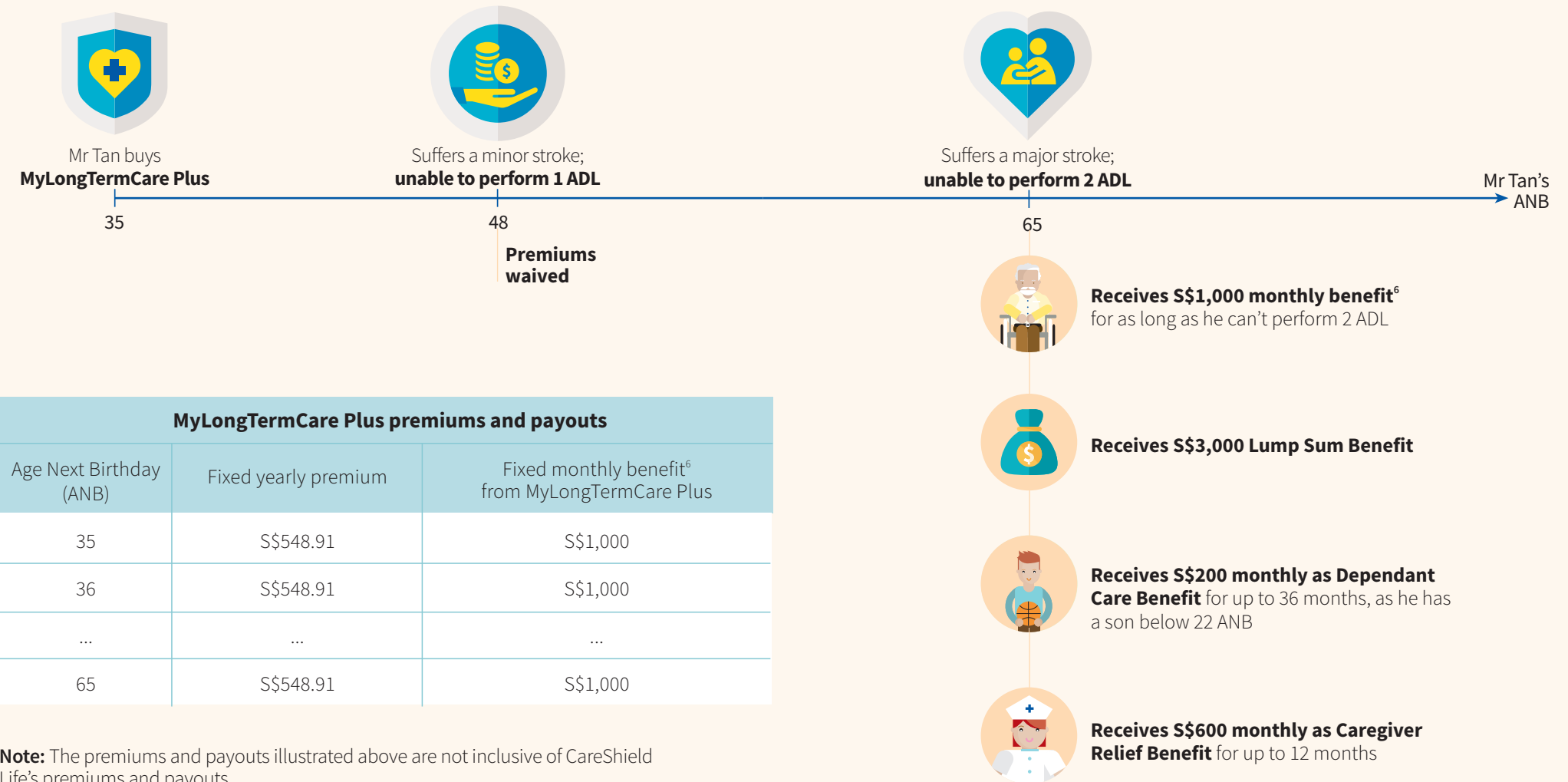


Receives S\$1,086.60 monthly as Caregiver Relief Benefit for up to 12 months

How **MyLongTermCare Plus** can give you more

Illustration 2:

Mr Tan, 35 ANB, buys **MyLongTermCare Plus** with a **S\$1,000 monthly benefit⁶**. This benefit is on top of his CareShield Life coverage. He opts to **pay premiums till 99 ANB**, so the payments will be more manageable, and **chooses a fixed payout**.



Important notes:

1. Source: Aviva's Long-term Care Study 2018.
2. Source: Ministry of Health, Long Term Care Financing, retrieved on 6 April 2020 from <https://www.careshieldlife.gov.sg/long-term-care/planning-ahead.html>.
3. If you are automatically covered and do not wish to participate in CareShield Life, you have up to 31 December 2023 to opt out from CareShield Life and get your premiums refunded.
4. Severe disability shall mean the inability of the Life Assured to perform at least 3 of the 6 (for CareShield Life/MyLongTermCare) or 2 of the 6 (for MyLongTermCare Plus) Activities of Daily Living. For detailed definitions please refer to the Product Summary.
5. Premiums exceeding the S\$600 MediSave deduction limit will have to be paid in cash. If there are insufficient funds in the MediSave account, cash payment will be required for the difference.
6. The monthly benefit refers to the monthly payout when the Life Assured suffers from a Severe Disability as defined in the plan.
7. Payouts will be reviewed regularly and may be adjusted to account for claims experience and long-term changes in disability and longevity trends.
8. Singapore Residents who are aged 59 or older when joining will be able to spread their base premiums over 10 years, beyond age 67.
9. The Deferment Period is a period of 90 days from the date the Life Assured is confirmed and certified by an Appointed Assessor as severely disabled. The monthly benefit, Lump Sum Benefit, Dependant Care Benefit and Caregiver Relief Benefit will be paid after the Deferment Period. Waiver of Premium is applicable after the Deferment Period. The Deferment Period shall be waived if the Life Assured suffers from a Severe Disability arising from the same cause within 180 days from ceasing to suffer from the Severe Disability.
10. The Policyholder may exercise this option without providing further evidence of insurability at any of the following life stage events when the Life Assured:
 - a) purchases a property;
 - b) marries, divorces or is widowed;
 - c) becomes a parent by having a newborn child, or legally adopts a child below 19 ANB;
 - d) salary increases by 50% or more from application;
 - e) completes a skills development course of at least 6 months;
 - f) purchases a new Individual Life insurance policy or a Supplementary Benefit from Aviva Ltd with full underwriting at standard terms; or
 - g) spouse suffers a severe disability (with the inability to perform at least 3 of the 6 ADL) or dies.

This option allows the Policyholder to increase the Policy's monthly benefit with extra premium payable. The total monthly benefit that can be increased under this option is limited to 50% of the Policy initial monthly benefit as agreed at policy inception or at the date this option is exercised, whichever is lower. This option is extended to standard life only. Please refer to the Product Summary for more details.

You need to have a CareShield Life (CSHL) or ElderShield (ESH) policy before purchasing MyLongTermCare or MyLongTermCare Plus ("Supplements").

Supplements purchased by CSHL policyholders are regulated under the CareShield Life and Long-term Care Act. Supplements purchased by ESH policyholders before the transfer of ESH to Government administration are considered ESH Supplements, which are regulated under the Central Provident Fund (Withdrawals for ElderShield Scheme) Regulations. After the transfer, they are considered CSHL Supplements, regulated under the CareShield Life and Long-term Care Act.

This policy is underwritten by Aviva Ltd.

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Buying a health insurance policy that is not suitable for you may impact your ability to finance your future healthcare needs. This is not a contract of insurance. Full details of the standard terms and conditions of this policy can be found in the relevant policy contract.

This advertisement has not been reviewed by the Monetary Authority of Singapore. Information is accurate as at 1 October 2020.

This policy is protected under the Policy Owners' Protection Scheme which is administered by the Singapore Deposit Insurance Corporation (SDIC). Coverage for your policy is automatic and no further action is required from you. For more information on the types of benefits that are covered under the scheme as well as the limits of coverage, where applicable, please contact Aviva Ltd or visit the Life Insurance Association or SDIC websites (**www.lia.org.sg** or **www.sdic.org.sg**).