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Monday to Friday | 8am to 8:30pm ET

Welcome to

Workplace benefits

Everyone deserves a Guardian

Every day, Guardian gives 26 million Americans the security they deserve through our insurance and wealth management products and services.

We've partnered with your organization to offer you a range of employee benefits. Inside this pack, you'll find the plans your employer thinks you might benefit from.

Your coverage options

	Dental insurance	Taking care of teeth and overall health
	Vision insurance	Looking after your eyesight and related health issues
	Life insurance	Protecting your family's financial future
	Disability insurance	Coverage if you're temporarily unable to work

Know your benefits

Your benefits support your physical and financial wellbeing, to help keep you and your loved ones protected.

With Guardian, you're in good hands. We've been delivering on our promises for over 150 years, and we're looking forward to doing the same for you too.

- 1 Read through this information.
- 2 Find out more about your benefits.
- 3 Talk to your employer if you need help or have any questions.

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Watch our video
Learn how dental insurance can
protect your long-term health.

Dental insurance

Taking care of your teeth is about more than just covering cavities and cleanings. It also means accounting for more expensive dental work, and your overall health.

With dental insurance, routine preventive care can lead to better overall health. And you'll be able to save money if any extensive dental work is required.

Who is it for?

Everyone should have access to great dental coverage, which is why we offer comprehensive plans that are available through employers as part of your benefit offerings.

What does it cover?

Dental insurance helps to protect your overall oral care. That includes services like preventive cleanings, X-rays, restorative services like fillings, and other more serious forms of oral surgery if you ever need them.

Why should I consider it?

Poor oral health isn't just aesthetic; it's also been linked to conditions including diabetes, heart disease, and strokes. So, while brushing and flossing every day can help keep your teeth clean, nothing should replace regular visits to the dentist.



Staying healthy

Joe visits his dentist for a routine dental cleaning, to take care of his teeth as well as his overall health.

Oral health is about more than just teeth and gums. It's also essential for a range of other health and wellbeing reasons:

Cardiovascular disease: Some research suggests that heart disease, clogged arteries, and infections may be linked to inflammation and infections from oral bacteria.

Osteoporosis: Weak and brittle bones may be linked to tooth loss.

Diabetes: Research shows that people with gum disease find it more difficult to control their blood sugar levels.

Alzheimer's disease: Tooth loss before the age of 35 may be a risk factor for Alzheimer's disease.

All information contained here is from the Mayo Clinic, Oral Health: A Window to Your Overall Health, www.mayoclinic.com. 2018.

You will receive these benefits if you meet the conditions listed in the policy.



Your dental coverage

Option 1 or 2: CORE PLAN or BUYUP PLAN plan, you can visit any dentist; but you pay less out-of-pocket when you choose a PPO dentist. Out-of-network benefits are based on a percentile of the prevailing fee data for the dentist's zip code.

Your Dental Plan

Option 1: CORE PLAN

Option 2: BUYUP PLAN

Your Network is	DentalGuard Preferred		DentalGuard Preferred	
Calendar year deductible	In-Network	Out-of-Network	In-Network	Out-of-Network
Individual	\$25	\$50	\$25	\$50
Family limit	3 per family		3 per family	
Waived for	Preventive	Preventive	Preventive	Preventive
Charges covered for you (co-insurance)	<i>In-Network</i>	<i>Out-of-Network</i>	<i>In-Network</i>	<i>Out-of-Network</i>
Preventive Care	100%	100%	100%	100%
Basic Care	100%	80%	100%	80%
Major Care	0%	0%	60%	50%
Orthodontia	Not Covered (applies to all levels)		50%	50%
Annual Maximum Benefit	\$1,000		\$1,500	
Maximum Rollover	No		Yes	
Rollover Threshold			\$700	
Rollover Amount			\$350	
Rollover In-network Amount			\$500	
Rollover Account Limit			\$1,250	
Lifetime Orthodontia Maximum	Not Applicable		\$1,000	
Dependent Age Limits	26		26	



Your dental coverage

A Sample of Services Covered by Your Plan:

	Option 1: CORE PLAN		Option 2: BUYUP PLAN	
	Plan pays (on average)		Plan pays (on average)	
	In-network	Out-of-network	In-network	Out-of-network
Preventive Care	Cleaning (prophylaxis)	100%	100%	100%
	Frequency:	Once Every 6 Months	Once Every 6 Months	Once Every 6 Months
	Fluoride Treatments	100%	100%	100%
	Limits:	No Age Limits	Under Age 19	
	Oral Exams	100%	100%	100%
	Sealants (per tooth)	100%	100%	100%
X-rays	100%	100%	100%	100%
Basic Care	Anesthesia*	100%	80%	80%
	Fillings [‡]	100%	80%	80%
	Perio Surgery	100%	80%	80%
	Periodontal Maintenance	100%	80%	80%
	Frequency:	Once Every 6 Months	Once Every 6 Months	
	Repair & Maintenance of Crowns, Bridges & Dentures	100%	80%	80%
	Root Canal	100%	80%	80%
	Scaling & Root Planing (per quadrant)	100%	80%	80%
	Simple Extractions	100%	80%	80%
	Surgical Extractions	100%	80%	80%
Major Care	Bridges and Dentures	0%	0%	50%
	Dental Implants	Not Covered	Not Covered	50%
	Inlays, Onlays, Veneers**	0%	0%	50%
	Single Crowns	0%	0%	50%
Orthodontia	Orthodontia Limits:	Not Covered	Adults & Child(ren)	50%

This is only a partial list of dental services. Your certificate of benefits will show exactly what is covered and excluded. *For PPO and or Indemnity members, Crowns, Inlays, Onlays and Labial Veneers are covered only when needed because of decay or injury or other pathology when the tooth cannot be restored with amalgam or composite filling material. When Orthodontia coverage is for "Child(ren)" only, the orthodontic appliance must be placed prior to the age limit set by your plan; If full-time status is required by your plan in order to remain insured after a certain age, then orthodontic maintenance may continue as long as full-time student status is maintained. If Orthodontia coverage is for "Adults and Child(ren)" this limitation does not apply. **General Anesthesia – restrictions apply. †For PPO and or Indemnity members, Fillings – restrictions may apply to composite fillings.



Your dental coverage

Manage Your Benefits:

Go to www.Guardianlife.com to access secure information about your Guardian benefits including access to an image of your ID Card. Your on-line account will be set up within 30 days after your plan effective date.

Find A Dentist:

Visit www.Guardianlife.com. Click on "Find A Provider"; You will need to know your plan, which can be found on the first page of your dental benefit summary.

EXCLUSIONS AND LIMITATIONS

- Important Information about Guardian's DentalGuard Indemnity and DentalGuard Preferred Network PPO plans: This policy provides dental insurance only. Coverage is limited to those charges that are necessary to prevent, diagnose or treat dental disease, defect, or injury. Deductibles apply. The Plan does not pay for: oral hygiene services (except as covered under preventive services), orthodontia (unless expressly provided for), cosmetic or experimental treatments (unless they are expressly provided for), any treatments to the extent benefits are payable by any other payor or for which no charge is made, prosthetic devices unless certain conditions are met, and services ancillary to surgical treatment. The plan limits benefits for diagnostic

- consultations and for preventive, restorative, endodontic, periodontic, and prosthodontic services. The services, exclusions and limitations listed above do not constitute a contract and are a summary only. The Guardian plan documents are the final arbiter of coverage. Contract # GP-1-DG2000 et al. **PPO and or Indemnity Special Limitation:** Teeth lost or missing before a covered person becomes insured by this plan. A covered person may have one or more congenitally missing teeth or have lost one or more teeth before he became insured by this plan. We won't pay for a prosthetic device which replaces such teeth unless the device also replaces one or more natural teeth lost or extracted after the covered person became insured by this plan. R3-DG2000

DentalGuard Insurance is underwritten and issued by The Guardian Life Insurance Company of America, New York, NY. Products are not available in all states. Policy/limitations and exclusions apply. Optional riders and/or features may incur additional costs. Plan documents are the final arbiter of coverage. This policy provides DENTAL insurance only.
Policy Form # GP-1-DG2000, et al, GP-1-DEN-16

Oral Health Rewards Program

Regular visits to the dentist can help prevent and detect the early signs of serious diseases.

That's why Guardian's Maximum Rollover Oral Health Rewards Program encourages and rewards members who visit the dentist, by rolling over part of your unused annual maximum into a Maximum Rollover Account (MRA). This can be used in future years if your plan's annual maximum is reached.



Automatic rollover

Submit a claim (without exceeding the paid claims threshold of a benefit year), and Guardian will roll over a portion of your unused annual dental maximum.

How maximum rollover works *

Depending on a plan's annual maximum, if claims made for a certain year don't reach a specified threshold, then the set maximum rollover amount can be rolled over.

Plan annual maximum**	Threshold	Maximum rollover amount	In-network only rollover amount	Maximum rollover account limit
\$1,500	\$700	\$350	\$500	\$1,250
Maximum claims reimbursement	Claims amount that determines rollover eligibility	Additional dollars added to a plan's annual maximum for future years	Additional dollars added if only in-network providers were used during the benefit year	The limit that cannot be exceeded within the maximum rollover account

* This example has been created for illustrative purposes only.

** If a plan has a different annual maximum for PPO benefits vs. non-PPO benefits, (\$1500 PPO/\$1000 non-PPO for example) the non-PPO maximum determines the Maximum Rollover plan. May not be available in all states.

Guardian's Dental Insurance is underwritten and issued by The Guardian Life Insurance Company of America, New York, NY. Products are not available in all states. Policy limitations and exclusions apply. Optional riders and/or features may incur additional costs. Plan documents are the final arbiter of coverage. Information provided in this communication is for informational purposes only. Dental Policy Form No. GP-1-DEN-16. GUARDIAN® is a registered service mark of The Guardian Life Insurance Company of America © Copyright 2019 The Guardian Life Insurance Company of America.

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Watch our video
How vision insurance can help
you see clearly as you get older.

Vision insurance

Vision insurance helps protect the health of your eyes by providing coverage for benefits that often aren't covered by regular medical insurance.

Protecting your eyesight means allowing for routine visits to the optometrist for eye exams, as well as coverage for glasses and contacts. Make sure your eyes remain in great shape at any age – no matter how much time you spend staring at digital screens.

Who is it for?

Even if you have perfect eyesight, it's important to have regular eye exams to make sure you're still seeing clearly. Most of us may eventually need vision correction, which is why we offer vision insurance to cover some of the costs.

What does it cover?

Vision insurance covers benefits not typically included in medical insurance plans. It covers things like routine eye exams, allowances towards the purchase of eyeglasses and contact lenses, as well as discounts on corrective Lasik surgery.

Why should I consider it?

Regular eye exams can detect more than failing eyesight, they can also pick up diseases like glaucoma and diabetes. Vision problems are one of the most prevalent disabilities in the United States, making vision insurance especially useful for anyone who regularly needs to purchase eyeglasses or contacts, or anyone who simply wants to help protect their eyesight and general health.

You will receive these benefits if you meet the conditions listed in the policy.



20/20 coverage

David notices that his vision is deteriorating. He goes in for an eye exam, and is diagnosed with myopia, which means he needs glasses.

Average cost of vision exam: **\$171**

Average cost of frames and lenses: **\$350**

Total cost: **\$521**

With a Vision policy from Guardian, David pays just **\$10** for his eye exam. After **\$25** in copay, his lenses are fully covered, and he pays **\$96** for his frames.

David's total out-of-pocket expense is **\$131**, saving him **\$390**.

This example is for illustrative purposes only. Your plan's coverage may vary. See your plan's information on the following pages for specific amounts and details.



Your vision coverage

Option 1: Significant out-of-pocket savings available with your **Full Feature** plan by visiting one of VSP's network locations, including one of the largest private practice provider networks, Visionworks and contracted Pearle Vision locations.

Your Vision Plan

Full Feature

Your Network is

VSP Choice Network

Copay

Exams Copay	\$ 10
Materials Copay (waived for elective contact lenses)	\$ 25

Sample of Covered Services

You pay (after copay if applicable):

	<i>In-network</i>	<i>Out-of-network</i>
Eye Exams	\$0	Amount over \$39
Single Vision Lenses	\$0	Amount over \$23
Lined Bifocal Lenses	\$0	Amount over \$37
Lined Trifocal Lenses	\$0	Amount over \$49
Lenticular Lenses	\$0	Amount over \$64
Frames	80% of amount over \$130 ¹	Amount over \$46
Costco, Walmart and Sam's Club Frame Allowance	Amount over \$70	
Contact Lenses (Elective)	Amount over \$130	Amount over \$100
Contact Lenses (Medically Necessary)	\$0	Amount over \$210
Contact Lenses (Evaluation and fitting)	15% off UCR	No discounts
Cosmetic Extras	Avg. 20-25% off retail price	No discounts
Glasses (Additional pair of frames and lenses)	20% off retail price**	No discounts
Laser Correction Surgery Discount	Up to 15% off the usual charge or 5% off promotional price	No discounts

Service Frequencies

Exams	Every calendar year
Lenses (for glasses or contact lenses) ^{##}	Every calendar year
Frames	Every two calendar years ^{###}
Network discounts (glasses and contact lens professional service)	Limitless within 12 months of exam.

Dependent Age Limits

26

To Find a Provider:

Register at VSP.com to find a participating provider.

VSP

- Covered in full lens options (In Network Only): Scratch Resistant Coating
- ^{##}Benefit includes coverage for glasses or contact lenses, not both.
- ^{**} For the discount to apply your purchase must be made within 12 months of the eye exam.
- Charges for an initial purchase can be used toward the material allowance. Any unused balance remaining after the initial purchase cannot be banked for future use. The only exception would be if a member purchases contact lenses from an out of network provider, members can use the balance towards additional contact lenses within the same benefit period.
- ¹Extra \$20 on select brands



Your vision coverage

- Members can use their in network benefits on line at Eyeconic.com.
- **###:** The VSP system considers contact lenses to be the equivalent of a full pair of eyeglasses (lenses and frames) so while the member can obtain contact lenses one year and standard eyeglass lenses the next year, the frames benefit would not be available until 24 months or two calendar years, depending on the plan design, after the date the member obtained the contact lenses.
- In Network Routine Retinal Screening Covered after no more than a \$39 copay.

EXCLUSIONS AND LIMITATIONS

Important Information: This policy provides vision care limited benefits health insurance only. It does not provide basic hospital, basic medical or major medical insurance as defined by the New York State Insurance Department. Coverage is limited to those charges that are necessary for a routine vision examination. Co-pays apply. The plan does not pay for: orthoptics or vision training and any associated supplemental testing; medical or surgical treatment of the eyes; and eye examination or corrective eyewear required by an employer as a condition of employment; replacement of lenses and frames that are furnished under this plan, which are lost or broken (except at normal intervals when services are otherwise available or a warranty exists). The plan limits benefits for blended lenses, oversized lenses, photochromic lenses, tinted lenses, progressive multifocal lenses, coated or laminated lenses, a frame that exceeds plan allowance, cosmetic lenses; U-V protected lenses and optional cosmetic processes.

The services, exclusions and limitations listed above do not constitute a contract and are a summary only. The Guardian plan documents are the final arbiter of coverage. Contract #GP-1-VSN-96-VIS et al.

Laser Correction Surgery:

Discounts on average of 10-20% off usual and customary charge or 5% off promotional price for vision laser surgery. Members out-of-pocket costs are limited to \$1,800 per eye for LASIK or \$1,500 per eye for PRK or \$2300 per eye for Custom LASIK, Custom PRK, or Bladeless LASIK.

Laser surgery is not an insured benefit. The surgery is available at a discounted fee. The covered person must pay the entire discounted fee. In addition, the laser surgery discount may not be available in all states.

Guardian's Vision Insurance is underwritten and issued by The Guardian Life Insurance Company of America, New York, NY. Products are not available in all states. Policy limitations and exclusions apply. Optional riders and/or features may incur additional costs. This policy provides vision care limited benefits health insurance only. It does NOT provide basic hospital, basic medical or major medical insurance as defined by the New York State Department of Financial Services. Plan documents are the final arbiter of coverage.
Policy Form # GP-1-GVSN-17

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Watch our video
How life insurance protects families and covers critical costs.

Life insurance

If something happens to you, life insurance can help your family reduce financial stress.

Life insurance helps protect your family's finances by providing a cash benefit if you pass away. This ensures that they'll be financially supported, and can cover important things from bills to funeral costs. With life policies, you can get affordable life insurance protection for a set period of time.

Who is it for?

Everyone's life insurance needs are different, depending on their family situation. That's why group life insurance through an employer is an easier and more affordable option than individual life insurance.

What does it cover?

Life insurance protects your loved ones by providing a benefit (which is usually tax-exempt) if you pass away.

Why should I consider it?

Life insurance is about more than just covering expenses. Depending on your circumstances, it could take your family years to recover from the loss of your income.

With a life insurance benefit, your family will have extra money to cover mortgage and rent payments, legal or medical fees, childcare, tuition, and any outstanding debts.

Guardian, its subsidiaries, agents, and employees do not provide tax, legal, or accounting advice. Consult your tax, legal, or accounting professional regarding your individual situation.

You will receive these benefits if you meet the conditions listed in the policy.



Preparing and planning

Jorge's never considered purchasing life insurance, but after being offered it through work, he decides it's a smart way to protect his family.

Jorge has a mortgage, and because his wife is helping to take care of her mother, she only works part-time. In addition, his daughter is about to start college.

Jorge looks at how his family would be affected by losing him.

Average funeral cost: **\$9,000**

Average mortgage debt: **\$202,000**

Average cost of college: **\$17,000 - \$44,000**

Average household credit card debt: **\$8,500**

With life insurance, Jorge can make sure that part of these costs are covered if something happens to him.

This example is for illustrative purposes only. Your plan's coverage may vary. See your plan's information on the following pages for specific amounts and details.



Your life coverage

	BASIC LIFE	VOLUNTARY TERM LIFE
Employee Benefit	Your employer provides Basic Life Coverage for all full time employees in the amount of 200% of your annual salary, to a maximum of \$250,000 with a minimum amount of \$10,000.	\$10,000 increments to a maximum of \$500,000. See Cost Illustration page for details.
Accidental Death and Dismemberment	Your Basic Life coverage includes Enhanced Accidental Death and Dismemberment coverage.	Enhanced employee & spouse coverage. Maximum 1 times life amount.
Spouse Benefit	N/A	\$5,000 increments to a maximum of \$100,000. See Cost Illustration page for details.
Child Benefit	N/A	Your dependent children age birth to 26 years. You may elect one of the following benefit options: \$20,000. Subject to state limits. See Cost Illustration page for details.
Guarantee Issue: The 'guarantee' means you are not required to answer health questions to qualify for coverage up to and including the specified amount, when you sign up for coverage during the initial enrollment period.	Guarantee Issue coverage up to \$250,000 per employee	We Guarantee Issue coverage up to: Employee \$200,000. Spouse \$30,000. Dependent children \$20,000.
Premiums	Covered by your company if you meet eligibility requirements	Increase on plan anniversary after you enter next five-year age group
Portability: Allows you to take coverage with you if you terminate employment.	No	Yes, with age and other restrictions, includes AD&D



Your life coverage

	BASIC LIFE	VOLUNTARY TERM LIFE
Conversion: Allows you to continue your coverage after your group plan has terminated.	Yes, with restrictions; see certificate of benefits	Yes, with restrictions; see certificate of benefits
Accelerated Life Benefit: A lump sum benefit is paid to you if you are diagnosed with a terminal condition, as defined by the plan.	Yes	Yes
Waiver of Premiums: Premium will not need to be paid if you are totally disabled.	For employees disabled prior to age 60, with premiums waived until age 65, if conditions are met	For employees disabled prior to age 60, with premiums waived until age 65, if conditions met
Benefit Reductions: Benefits are reduced by a certain percentage as an employee ages.	35% at age 70, 55% at age 75	35% at age 70, 55% at age 75

Subject to coverage limits

† Voluntary Life: Infant coverage is limited based on age.

The Guarantee Issue amount may be subject to reductions by percentage at the ages shown in this summary.

Annual Election Option allows employees to increase the amount of their life coverage without a medical exam when they re-enroll in their company's Voluntary Life plan. This option allows employees to step up to an amount of up to \$50,000, up to the Guarantee Issue amount.

Voluntary Life Cost Illustration:

To determine the most appropriate level of coverage, as a rule of thumb, you should consider about 6 - 10 times your annual income, factoring in projected costs to help maintain your family's current life style.

Employee	Monthly premiums displayed. Cost of AD&D is included.									
	Policy Election Amount		Policy Election Cost Per Age Bracket							
	< 30	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69†	
\$10,000	\$1.05	\$1.05	\$1.35	\$1.95	\$3.05	\$4.45	\$6.35	\$10.35	\$18.35	
\$20,000	\$2.10	\$2.10	\$2.70	\$3.90	\$6.10	\$8.90	\$12.70	\$20.70	\$36.70	
\$30,000	\$3.15	\$3.15	\$4.05	\$5.85	\$9.15	\$13.35	\$19.05	\$31.05	\$55.05	
\$40,000	\$4.20	\$4.20	\$5.40	\$7.80	\$12.20	\$17.80	\$25.40	\$41.40	\$73.40	
\$50,000	\$5.25	\$5.25	\$6.75	\$9.75	\$15.25	\$22.25	\$31.75	\$51.75	\$91.75	
\$60,000	\$6.30	\$6.30	\$8.10	\$11.70	\$18.30	\$26.70	\$38.10	\$62.10	\$110.10	
\$70,000	\$7.35	\$7.35	\$9.45	\$13.65	\$21.35	\$31.15	\$44.45	\$72.45	\$128.45	
\$80,000	\$8.40	\$8.40	\$10.80	\$15.60	\$24.40	\$35.60	\$50.80	\$82.80	\$146.80	
\$90,000	\$9.45	\$9.45	\$12.15	\$17.55	\$27.45	\$40.05	\$57.15	\$93.15	\$165.15	
\$100,000	\$10.50	\$10.50	\$13.50	\$19.50	\$30.50	\$44.50	\$63.50	\$103.50	\$183.50	
\$110,000	\$11.55	\$11.55	\$14.85	\$21.45	\$33.55	\$48.95	\$69.85	\$113.85	\$201.85	
\$120,000	\$12.60	\$12.60	\$16.20	\$23.40	\$36.60	\$53.40	\$76.20	\$124.20	\$220.20	
\$130,000	\$13.65	\$13.65	\$17.55	\$25.35	\$39.65	\$57.85	\$82.55	\$134.55	\$238.55	
\$140,000	\$14.70	\$14.70	\$18.90	\$27.30	\$42.70	\$62.30	\$88.90	\$144.90	\$256.90	
\$150,000	\$15.75	\$15.75	\$20.25	\$29.25	\$45.75	\$66.75	\$95.25	\$155.25	\$275.25	
\$160,000	\$16.80	\$16.80	\$21.60	\$31.20	\$48.80	\$71.20	\$101.60	\$165.60	\$293.60	
\$170,000	\$17.85	\$17.85	\$22.95	\$33.15	\$51.85	\$75.65	\$107.95	\$175.95	\$311.95	
\$180,000	\$18.90	\$18.90	\$24.30	\$35.10	\$54.90	\$80.10	\$114.30	\$186.30	\$330.30	
\$190,000	\$19.95	\$19.95	\$25.65	\$37.05	\$57.95	\$84.55	\$120.65	\$196.65	\$348.65	
\$200,000	\$21.00	\$21.00	\$27.00	\$39.00	\$61.00	\$89.00	\$127.00	\$207.00	\$367.00	
\$210,000	\$22.05	\$22.05	\$28.35	\$40.95	\$64.05	\$93.45	\$133.35	\$217.35	\$385.35	
\$220,000	\$23.10	\$23.10	\$29.70	\$42.90	\$67.10	\$97.90	\$139.70	\$227.70	\$403.70	
\$230,000	\$24.15	\$24.15	\$31.05	\$44.85	\$70.15	\$102.35	\$146.05	\$238.05	\$422.05	
\$240,000	\$25.20	\$25.20	\$32.40	\$46.80	\$73.20	\$106.80	\$152.40	\$248.40	\$440.40	
\$250,000	\$26.25	\$26.25	\$33.75	\$48.75	\$76.25	\$111.25	\$158.75	\$258.75	\$458.75	
\$260,000	\$27.30	\$27.30	\$35.10	\$50.70	\$79.30	\$115.70	\$165.10	\$269.10	\$477.10	
\$270,000	\$28.35	\$28.35	\$36.45	\$52.65	\$82.35	\$120.15	\$171.45	\$279.45	\$495.45	
\$280,000	\$29.40	\$29.40	\$37.80	\$54.60	\$85.40	\$124.60	\$177.80	\$289.80	\$513.80	
\$290,000	\$30.45	\$30.45	\$39.15	\$56.55	\$88.45	\$129.05	\$184.15	\$300.15	\$532.15	

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UNIVERSITY OF VIRGINIA PHYSICIANS GROUP

ADMIN

Kit created 05/04/2023

Group number: 00035294

Voluntary Life Cost Illustration *continued*

	< 30	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69†
\$300,000	\$31.50	\$31.50	\$40.50	\$58.50	\$91.50	\$133.50	\$190.50	\$310.50	\$550.50
\$310,000	\$32.55	\$32.55	\$41.85	\$60.45	\$94.55	\$137.95	\$196.85	\$320.85	\$568.85
\$320,000	\$33.60	\$33.60	\$43.20	\$62.40	\$97.60	\$142.40	\$203.20	\$331.20	\$587.20
\$330,000	\$34.65	\$34.65	\$44.55	\$64.35	\$100.65	\$146.85	\$209.55	\$341.55	\$605.55
\$340,000	\$35.70	\$35.70	\$45.90	\$66.30	\$103.70	\$151.30	\$215.90	\$351.90	\$623.90
\$350,000	\$36.75	\$36.75	\$47.25	\$68.25	\$106.75	\$155.75	\$222.25	\$362.25	\$642.25
\$360,000	\$37.80	\$37.80	\$48.60	\$70.20	\$109.80	\$160.20	\$228.60	\$372.60	\$660.60
\$370,000	\$38.85	\$38.85	\$49.95	\$72.15	\$112.85	\$164.65	\$234.95	\$382.95	\$678.95
\$380,000	\$39.90	\$39.90	\$51.30	\$74.10	\$115.90	\$169.10	\$241.30	\$393.30	\$697.30
\$390,000	\$40.95	\$40.95	\$52.65	\$76.05	\$118.95	\$173.55	\$247.65	\$403.65	\$715.65
\$400,000	\$42.00	\$42.00	\$54.00	\$78.00	\$122.00	\$178.00	\$254.00	\$414.00	\$734.00
\$410,000	\$43.05	\$43.05	\$55.35	\$79.95	\$125.05	\$182.45	\$260.35	\$424.35	\$752.35
\$420,000	\$44.10	\$44.10	\$56.70	\$81.90	\$128.10	\$186.90	\$266.70	\$434.70	\$770.70
\$430,000	\$45.15	\$45.15	\$58.05	\$83.85	\$131.15	\$191.35	\$273.05	\$445.05	\$789.05
\$440,000	\$46.20	\$46.20	\$59.40	\$85.80	\$134.20	\$195.80	\$279.40	\$455.40	\$807.40
\$450,000	\$47.25	\$47.25	\$60.75	\$87.75	\$137.25	\$200.25	\$285.75	\$465.75	\$825.75
\$460,000	\$48.30	\$48.30	\$62.10	\$89.70	\$140.30	\$204.70	\$292.10	\$476.10	\$844.10
\$470,000	\$49.35	\$49.35	\$63.45	\$91.65	\$143.35	\$209.15	\$298.45	\$486.45	\$862.45
\$480,000	\$50.40	\$50.40	\$64.80	\$93.60	\$146.40	\$213.60	\$304.80	\$496.80	\$880.80
\$490,000	\$51.45	\$51.45	\$66.15	\$95.55	\$149.45	\$218.05	\$311.15	\$507.15	\$899.15
\$500,000	\$52.50	\$52.50	\$67.50	\$97.50	\$152.50	\$222.50	\$317.50	\$517.50	\$917.50

Policy Election Amount

Spouse									
\$5,000	\$.53	\$.53	\$.68	\$.98	\$ 1.53	\$ 2.23	\$ 3.18	\$ 5.18	\$ 9.18
\$10,000	\$ 1.05	\$ 1.05	\$ 1.35	\$ 1.95	\$ 3.05	\$ 4.45	\$ 6.35	\$ 10.35	\$ 18.35
\$15,000	\$ 1.58	\$ 1.58	\$ 2.03	\$ 2.93	\$ 4.58	\$ 6.68	\$ 9.53	\$ 15.53	\$ 27.53
\$20,000	\$ 2.10	\$ 2.10	\$ 2.70	\$ 3.90	\$ 6.10	\$ 8.90	\$ 12.70	\$ 20.70	\$ 36.70
\$25,000	\$ 2.63	\$ 2.63	\$ 3.38	\$ 4.88	\$ 7.63	\$ 11.13	\$ 15.88	\$ 25.88	\$ 45.88
\$30,000	\$ 3.15	\$ 3.15	\$ 4.05	\$ 5.85	\$ 9.15	\$ 13.35	\$ 19.05	\$ 31.05	\$ 55.05
\$35,000	\$ 3.68	\$ 3.68	\$ 4.73	\$ 6.83	\$ 10.68	\$ 15.58	\$ 22.23	\$ 36.23	\$ 64.23
\$40,000	\$ 4.20	\$ 4.20	\$ 5.40	\$ 7.80	\$ 12.20	\$ 17.80	\$ 25.40	\$ 41.40	\$ 73.40
\$45,000	\$ 4.73	\$ 4.73	\$ 6.08	\$ 8.78	\$ 13.73	\$ 20.03	\$ 28.58	\$ 46.58	\$ 82.58
\$50,000	\$ 5.25	\$ 5.25	\$ 6.75	\$ 9.75	\$ 15.25	\$ 22.25	\$ 31.75	\$ 51.75	\$ 91.75

Voluntary Life Cost Illustration *continued*

	< 30	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69†
\$55,000	\$5.78	\$5.78	\$7.43	\$10.73	\$16.78	\$24.48	\$34.93	\$56.93	\$100.93
\$60,000	\$6.30	\$6.30	\$8.10	\$11.70	\$18.30	\$26.70	\$38.10	\$62.10	\$110.10
\$65,000	\$6.83	\$6.83	\$8.78	\$12.68	\$19.83	\$28.93	\$41.28	\$67.28	\$119.28
\$70,000	\$7.35	\$7.35	\$9.45	\$13.65	\$21.35	\$31.15	\$44.45	\$72.45	\$128.45
\$75,000	\$7.88	\$7.88	\$10.13	\$14.63	\$22.88	\$33.38	\$47.63	\$77.63	\$137.63
\$80,000	\$8.40	\$8.40	\$10.80	\$15.60	\$24.40	\$35.60	\$50.80	\$82.80	\$146.80
\$85,000	\$8.93	\$8.93	\$11.48	\$16.58	\$25.93	\$37.83	\$53.98	\$87.98	\$155.98
\$90,000	\$9.45	\$9.45	\$12.15	\$17.55	\$27.45	\$40.05	\$57.15	\$93.15	\$165.15
\$95,000	\$9.98	\$9.98	\$12.83	\$18.53	\$28.98	\$42.28	\$60.33	\$98.33	\$174.33
\$100,000	\$10.50	\$10.50	\$13.50	\$19.50	\$30.50	\$44.50	\$63.50	\$103.50	\$183.50
Policy Election Amount									
Child(ren)	\$1.80	\$1.80	\$1.80	\$1.80	\$1.80	\$1.80	\$1.80	\$1.80	\$1.80

Refer to Guarantee Issue row on page above for Voluntary Life GI amounts.

Premiums for Voluntary Life Increase in five-year increments

Infant coverage is limited for the first two weeks of infant's life.

Spouse coverage premium is based on Employee age.

†Benefit reductions apply.

The Guarantee Issue amount may be subject to reductions by percentage at the ages shown in this summary.

LIMITATIONS AND EXCLUSIONS:

A SUMMARY OF PLAN LIMITATIONS AND EXCLUSIONS FOR LIFE AND AD&D COVERAGE:

You must be working full-time on the effective date of your coverage; otherwise, your coverage becomes effective after you have completed a specific waiting period. Employees must be legally working in the United States in order to be eligible for coverage.

Underwriting must approve coverage for employees on temporary assignment (a) exceeding one year; or (b) in an area under travel warning by the US Department of State. Subject to state specific variations. Evidence of insurability is required on all late enrollees.

This coverage will not be effective until approved by a Guardian underwriter. This proposal is hedged subject to satisfactory financial evaluation. Please refer to certificate of coverage for full plan description.

Dependent life insurance will not take effect if a dependent, other than a newborn, is confined to the hospital or other health care facility or is unable to perform the normal activities of someone of like age and sex.

Accelerated Life Benefit is not paid to an employee under the following circumstances: one who is required by law to use the benefit to pay creditors; is required by court order to pay the benefit to another person; is required by a government agency to use the payment to receive a government benefit; or loses his or her group coverage before an accelerated benefit is paid.

Voluntary Life Only:

We pay no benefits if the insured's death is due to suicide within two years from the insured's original effective date. This two year limitation also applies to any increase in benefit. This exclusion may vary according to state law. Late entrants and benefit increases require underwriting approval.

GP-1-R-LB-90, GP-1-R-EOPT-96

Guarantee Issue/Conditional Issue amounts may vary based on age and case size. See your Plan Administrator for details. Late entrants and benefit increases require underwriting approval.

For AD&D: We pay no benefits for any loss caused: by willful self-injury; sickness, disease or medical treatment; by participating in a civil disorder or committing a felony; Traveling on any type of aircraft while having duties on that aircraft; by declared or undeclared act of war or armed aggression; while a member of any armed force (May vary by state); while driving a motor vehicle without a current, valid driver's license; by legal intoxication; or by voluntarily using a non-prescription controlled substance. Contract #GP-1-R-ADCL1-00 et al. We won't pay more than 100% of the insurance amount for all losses due to the same accident, except as stated. The loss must occur within a specified period of time of the accident. Please see contract for specific definition; definition of loss may vary depending on the benefit payable.

Enhanced AD&D: A loss may be defined as death, quadriplegia, loss of speech and hearing, loss of cognitive function, comatose state in excess of one month, hemiplegia or paraplegia. The loss must occur within a specified period of time of the accident. Please see contract for specific definition; definition of loss may vary depending on the benefit payable.

Guardian Group Life Insurance underwritten and issued by The Guardian Life Insurance Company of America, New York, NY. Products are not available in all states. Policy limitations and exclusions apply. Optional riders and/or features may incur additional costs. Plan documents are the final arbiter of coverage.
Policy Form # GP-1-LIFE-15

WillPrep

Protect the ones you love with a range of dedicated services designed to help you provide for your family.

WillPrep Services includes a range of different resources that make it easier for you to prepare a will.

These range from a library of online planning documents to accessing experienced professionals that can help you with the more complicated details.

How it can help



Access simple documents including wills and power of attorney letters



Speak with consultants to discuss estate planning



Prepare your will with the assistance or support of an attorney

This service is only available if you purchase qualifying lines of coverage. See your plan administrator for more details.

WillPrep Services are provided by Uprise Health, and its contractor's. The Guardian Life Insurance Company of America (Guardian) does not provide any part of WillPrep Services. Guardian is not responsible or liable for care or advice given by any provider or resource under the program. This information is for illustrative purposes only. It is not a contract. Only the Administration Agreement can provide the actual terms, services, limitations and exclusions. Guardian and Uprise Health reserve the right to discontinue the WillPrep Services at any time without notice. Legal services will not be provided in connection with or preparation for any action against Guardian, Uprise Health, or your employer.



How to access

To access WillPrep Services, you'll need a few personal details.



Visit
willprep.uprisehealth.com



Username
WillPrep



Password
GLIC09

For more information or support, you can reach out by phoning **1 877 433 6789**.

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2020-104979 (07/22)



Watch our video
How short term disability insurance
can supplement your income.

Disability insurance

Short term disability

Disability insurance covers a part of your income, so you can pay your bills if you're injured or sick and can't work.

Disability may be more common than you might realize, and people can be unable to work for all sorts of different reasons. There are times when many disabilities can be caused by illness, including common conditions like heart disease and arthritis. However, many disabilities aren't covered by workers' compensation.

Who is it for?

If you rely on your income to pay for everyday expenses, then you should probably consider disability insurance. It helps ensure that you'll receive a partial income if you're injured or too sick to work.

What does it cover?

Many disability insurance plans pay out a portion or percentage of your income if you're diagnosed with a serious illness or experience an injury that prevents you from doing your job.

Why should I consider it?

Accidents happen, and you can't always anticipate if or when you'll become sick or injured. That's why it's important to have a disability policy that helps you pay your bills in the event of being unable to collect your normal paycheck.

You will receive these benefits if you meet the conditions listed in the policy.



Partial income replacement

Mike injures his back in a bicycle accident and can't work for 13 weeks.

Unpaid time off work: **13 weeks**

Elimination period: **1 week**

After a 1-week elimination period following his accident, Mike's Guardian Short Term Disability policy kicks in and replaces **\$400** of his weekly income for the remaining **12 weeks** of his rehabilitation.

This gives him a total of **\$4,800** to cover his expenses while he's unable to work.

This example is for illustrative purposes only. Your plan's coverage may vary. See your plan's information on the following pages for specific amounts and details.



Watch our video
How long term disability insurance
can supplement your income.

Disability insurance

Long term disability

Disability insurance covers a part of your income, so you can pay your bills if you're injured or sick and can't work.

Disability may be more common than you might realize, and people can be unable to work for all sorts of different reasons. There are times when many disabilities can be caused by illness, including common conditions like heart disease and arthritis. However, many disabilities aren't covered by workers' compensation.

Who is it for?

If you rely on your income to pay for everyday expenses, then you should probably consider disability insurance. It helps ensure that you'll receive a partial income if you're injured or too sick to work.

What does it cover?

Many disability insurance plans pay out a portion or percentage of your income if you're diagnosed with a serious illness or experience an injury that prevents you from doing your job.

Why should I consider it?

Accidents happen, and you can't always anticipate if or when you'll become sick or injured. That's why it's important to have a disability policy that helps you pay your bills in the event of being unable to collect your normal paycheck.

You will receive these benefits if you meet the conditions listed in the policy.



Partial income replacement

Jim suffers a heart attack that leaves him unable to work for two years.

Unpaid time off work: **24 months**

Elimination period: **6 months**

After a 6 month elimination period, Jim's Guardian Long Term Disability policy kicks in and replaces **\$2,000** of his monthly income for the remaining **18 months** of his disability or illness.

This gives him a total of **\$36,000** to cover his expenses while he's unable to work.

This example is for illustrative purposes only. Your plan's coverage may vary. See your plan's information on the following pages for specific amounts and details.



Your disability coverage

	Short-Term Disability	Long-Term Disability
Coverage amount	70% of salary to maximum \$1500/week	60% of salary to maximum \$6000/month
Maximum payment period: Maximum length of time you can receive disability benefits.	13 weeks	Social Security Normal Retirement Age
Accident benefits begin: The length of time you must be disabled before benefits begin.	Day 8	Day 91
Illness benefits begin: The length of time you must be disabled before benefits begin.	Day 8	Day 91
Evidence of Insurability: A health statement requiring you to answer a few medical history questions.	Health Statement not required	Health Statement may be required
Guarantee Issue: The 'guarantee' means you are not required to answer health questions to qualify for coverage up to and including the specified amount, when applicant signs up for coverage during the initial enrollment period.	Not Applicable	We Guarantee Issue \$6000 in coverage
Minimum work hours/week: Minimum number of hours you must regularly work each week to be eligible for coverage.	Planholder Determines	Planholder Determines
Pre-existing conditions: A pre-existing condition includes any condition/symptom for which you, in the specified time period prior to coverage in this plan, consulted with a physician, received treatment, or took prescribed drugs.	Not Applicable	3 months look back; 12 months after exclusion
Survivor benefit: Additional benefit payable to your family if you die while disabled.	No	3 months

UNDERSTANDING YOUR BENEFITS—DISABILITY (Some information may vary by state)

- **Disability (long-term):** For first two years of disability, you will receive benefit payments while you are unable to work in your own occupation. After two years, you will continue to receive benefits if you cannot work in any occupation based on training, experience and education.
- **Earnings definition:** Your covered salary excludes bonuses and commissions.
- **Special limitations:** Provides a 24-month benefit limit for mental health and substance abuse.
- **Work incentive:** Plan benefit will not be reduced for a specified amount of months so that you have part-time earnings while you remain disabled, unless the combined benefit and earnings exceed 100% of your previous earnings.



Your disability coverage

A SUMMARY OF DISABILITY PLAN LIMITATIONS AND EXCLUSIONS

- Evidence of insurability may be required on all late enrollees. This coverage will not be effective until approved by a Guardian underwriter. This proposal is hedged subject to satisfactory financial evaluation. Please refer to certificate of coverage for full plan description.
- You must be working full-time on the effective date of your coverage; otherwise, your coverage becomes effective after you have completed a specific waiting period.
- Employees must be legally working in the United States in order to be eligible for coverage. Underwriting must approve coverage for employees on temporary assignment: (a) exceeding one year; or (b) in an area under travel warning by the US Department of State. Subject to state specific variations.
- For Long-Term Disability coverage, we pay no benefits for a disability caused or contributed to by a pre-existing condition unless the disability starts after you have been insured under this plan for a specified period of time. We limit the duration of payments for long term disabilities caused by mental or emotional conditions, or alcohol or drug abuse.
- We do not pay benefits for charges relating to a covered person: taking part in any war or act of war (including service in the armed forces) committing a felony or taking part in any riot or other civil disorder or intentionally injuring themselves or attempting suicide while sane or insane. We do not pay benefits for charges relating to legal intoxication, including
 - but not limited to the operation of a motor vehicle, and for the voluntary use of any poison, chemical, prescription or non-prescription drug or controlled substance unless it has been prescribed by a doctor and is used as prescribed. We limit the duration of payments for long term disabilities caused by mental or emotional conditions, or alcohol or drug abuse. We do not pay benefits during any period in which a covered person is confined to a correctional facility, an employee is not under the care of a doctor, an employee is receiving treatment outside of the US or Canada, and the employee's loss of earnings is not solely due to disability.
 - This policy provides disability income insurance only. It does not provide "basic hospital", "basic medical", or "medical" insurance as defined by the New York State Insurance Department.
 - If this plan is transferred from another insurance carrier, the time an insured is covered under that plan will count toward satisfying Guardian's pre-existing condition limitation period. State variations may apply.
 - When applicable, this coverage will integrate with NJ TDB, NY DBL, CA SDI, RI TDI, Hawaii TDI and Puerto Rico DBA, DC PFML and WA PFML.
- Contract #'s GP-1-STD94-1.0 et al; GP-1-STD2K-1.0 et al; GP-1-STD07-1.0 et al; GP-1-STD-15-1.0 et al; Contract #'s GP-1-LTD94-ABC-1.0 et al; GP-1-LTD2K-1.0 et al; GP-1-LTD07-1.0 et al; GP-1-LTD-15-1.0 et al.

Guardian's Group Short Term Disability and Long Term Disability Insurance are underwritten and issued by The Guardian Life Insurance Company of America, New York, NY. Products are not available in all states. Policy limitations and exclusions apply. Optional riders and/or features may incur additional costs. This policy provides disability income insurance only. It does NOT provide basic hospital, basic medical or major medical insurance as defined by the New York State Department of Financial Services. Plan documents are the final arbiter of coverage. Policy Form #GP-1-STD07-1.0, et al; GP-1-STD-15, #GP-1-LTD07-1.0, et al; GP-1-LTD-15

Electronic Evidence of Insurability (EOI)

Our online EOI forms are an easier, quicker alternative to traditional paper forms, helping you get covered when you need to provide additional information.

There are a few situations where you need to answer health questions, enroll for higher amounts of coverage, or request coverage after the initial eligibility period. In all of these situations, our online EOI form keeps things simple.

Electronic EOI keeps things simple

With Guardian's electronic EOI forms, your data is kept secure at every stage of the process. And with fewer errors than hand-written forms, and faster submission digitally, it's easier than ever to complete it and get covered.

Electronic EOI can be used for*:

- Basic life
- Voluntary life
- Short term disability
- Long term disability



How it works

You will receive a letter or email from your employer or Guardian with instructions and a unique link to submit your EOI form online.

First register and create an account on Guardian Anytime. Then simply fill out the form, electronically sign it, and click 'Submit'.

Once we receive the form, we'll contact you with any questions, before notifying you (and your employer if the coverage amount changes).

*Applicable to coverage requiring full Evidence of Insurability (not applicable to conditional issue amounts). Electronic EOI is available using most internet browsers.

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Our commitment to you

Please read the documentation referenced below carefully. The notices are intended to provide you important information about our insurance offerings and to protect your interests. Certain ones are required by law.

Important information



Notice Informing Individuals about Nondiscrimination and Accessibility Requirements

Guardian notice stating that it complies with applicable Federal civil rights laws and does not discriminate based on race, color, national origin, age, disability, sex, or actual or perceived gender identity. The notice provides contact information for filing a nondiscrimination grievance. It also provides contact information for access to free aids and services by disabled people to assist in communications with Guardian.

Visit <https://www.guardiananytime.com/notice48> to read more.

No Cost Language Services

Guardian provides language assistance in multiple languages for members who have limited English proficiency.

Visit <https://www.guardiananytime.com/notice46> to read more.



Disability insurance

Disability Offset Notice

Offsets are provisions in your disability coverage that allow the insurer to deduct from your regular benefit other types of income you receive or are eligible to receive from other sources due to your disability.

Visit <https://www.guardiananytime.com/notice51> to read more.



Vision insurance

Guardian's HIPAA Notice of Privacy Practices

The notice describes how health information about you may be used and disclosed and how you can access this information. Visit <https://www.guardiananytime.com/notice50> to read more.