The Insurer has designed this guide, providing an overview of the Income Protection Plan we offer, to help you decide if this type of insurance is suitable for you.

If, after reading this guide, you decide you need income protection insurance, please visit www.hmca.co.uk/income-protection-plus

The Insurer

HMCA Care Limited has chosen PG Mutual, a not-for-profit membership organisation, specialising in income protection since 1928. As a Friendly Society, they do not have outside shareholders, and therefore return any profit to their Policyholders.

Income Protection Plus

The Insurer offers an Income Protection Plan which will pay you a regular income if you can’t work due to illness or injury, plus the plan also includes an investment element which pays out at maturity of your policy.

Key features:

- Protection that can start from the first day you are incapacitated and lasts until you recover or your policy retirement age, whichever comes sooner
- No penalty for making a claim and no restrictions on the number of claims you can make
- We pay a claim until you can return to your professional career, subject to the definition of occupation on your policy certificate
- You can review your cover at any time, and apply to increase it, up to the age of 60
- If you want to take a career break, you can suspend cover for up to two years and then resume at the original level of cover without medical underwriting
- Members can leave at any time by giving one month’s notice in writing
- Provided that you are paying your Subscriptions from taxed income, the Benefit we pay, both for Incapacity and your Individual Capital Account, are normally free of Income and/or Capital Gains Tax, subject to your individual circumstances.

Why do I need to protect my income?

Most of us depend on the ability to earn a regular income to maintain our lifestyle. Even short-term illness can have serious financial consequences if you have not made provision for when illness or accident stops you from working and could mean you may face:

- Not having enough money to pay your rent or mortgage
- Not having enough money to meet your existing bills
- Not having enough money to maintain your lifestyle.

“Around 300,000 UK workers fall into the welfare system because of health-related issues each year, with those on long-term sick leave missing out on £4 billion a year in lost earnings.”

A Guide to Protecting your income

What level of cover do I need?
You can tailor your cover to suit your personal circumstances. Consideration must be given to the following:

- The amount of income you need to receive each week (up to 70% of your gross earnings or £1200 a week, whichever is lower)
- When you want the payments to start: choose cover from the first day of incapacity or a range of deferral periods: 7 or 14 days, 1, 3, 6 or 12 months
- The amount of long-term benefit you receive.

Premium Cover
The level of Income Benefit you would receive will remain at 100% throughout the term of your claim.

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
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<tbody>
<tr>
<td>£1200 per week throughout the duration of the claim</td>
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Standard Cover
This pays out at 100% for the first two years of a claim, reduces to 50% in year three, and then 30% for as long as you remain incapacitated.

The two-year period starts afresh with every new claim, subject to the Insurer’s terms and conditions.

<table>
<thead>
<tr>
<th>Year 1</th>
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<th>Year 3</th>
<th>Year 4</th>
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<tbody>
<tr>
<td>£1200 per week</td>
<td>£600 per week</td>
<td>£360 per week throughout the duration of your claim</td>
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Shares and Units
All Members are allocated shares, which provide a measure of Income Benefit and a share in any profit made by the Insurer. Units only provide Income Benefit and have no effect on your investment.

We hope that you find this guide useful. If you would like to know more, please contact us or visit our website:

- visit www.hmca.co.uk/income-protection-plus
- call 01727 228571
- email ip@hmca.co.uk

Key claims information

- We have paid over 97% of claims in the last three years.
- The investment element of your plan is not subject to your claims experience.
- There is no limit on the number of eligible claims you make.

Insured and Administered by PG Mutual
HMCA Care Limited is an Introducer Appointed Representative of PG Mutual, the trading name of Pharmaceutical & General Provident Society Limited.

Contact: 01727 228571 Email: ip@hmca.co.uk

Registered office: 11 Parkway, Porters Wood, St Albans, Hertfordshire AL3 6PA. Incorporated in the United Kingdom under the Friendly Societies Act 1992. Registered Number 462F. PG Mutual is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority, Firm Reference Number 110023. January 2017 A GUIDE TO PROTECTING YOUR INCOME