



# Disability Insurance

Provides a monthly benefit if you are disabled from a sickness or off-the-job injury

## THINK ABOUT THIS



Just over 1 in 4 of today's 20-year-olds will become disabled before they retire<sup>†</sup>



More than 40% of Americans cannot afford to pay an unexpected \$500 medical bill<sup>††</sup>

Coverage offered to the employees of:  
**City of Lincoln**

If you get sick or have an accident, you may not be able to work for some time — and your monthly bills won't wait. Disability Insurance from Allstate Benefits can help you replace your lost income and protect your financial health.


### Here's How It Works

- Select a monthly benefit that meets the needs of you and your family
- If disabled, you receive a benefit amount each month
- A monthly benefit is direct deposited or a check is mailed and can be used however you wish

### Protecting Your Finances

You've worked hard for your savings – don't let a disability wipe them out.

- Protect your checking and savings
- Don't dip into your HSA or 401(k)

 **Practical benefits for everyday living.<sup>®</sup>**

### Meeting Your Needs

- Benefits start the first day after your elimination (waiting) period, when totally disabled and you cannot work
- Premiums are affordable and can be conveniently payroll deducted
- Coverage can go with you if you leave your job or employer cancels coverage

<sup>†</sup>Chances of Disability, Council for Disability Awareness, [disabilitycanhappen.org/overview](https://disabilitycanhappen.org/overview), 2020. <sup>††</sup>Kaiser Family Foundation, "Data Note: Public Worries About And Experience With Surprise Medical Bills," <https://www.kff.org/1f1c497/>.



# Meet Joan

## CHOOSE

Joan signed up for Allstate Benefits Disability Insurance during her employer's Open Enrollment.

## USE

A few months later, Joan fell off a ladder while painting her house. Here's her story:



### Ambulance

Joan visits the emergency room and is examined by a doctor



### Diagnosis

She is diagnosed with a torn disc and surgery is scheduled to relieve her pain



### Claim

She files her Short Term Disability claim online prior to undergoing surgery



### Surgery

Surgery is performed and she is released from the hospital to recover at home



### Recovery

Joan required a six to eight week recovery period with scheduled doctor visits

## CLAIM

Joan files a claim on her Allstate Benefits Disability coverage and receives a monthly benefit to meet her living expenses, while keeping track of her coverage by accessing the convenient web portal, **MyBenefits\***.

She receives cash benefits for:

- Disability Insurance Benefit:  
Paid monthly

### \*MyBenefits Claim Filing Portal

Offers 24/7 access to important information about your benefits. eSign, submit and check your claims (including claim history), request cash benefits to be direct deposited, make changes to personal information, and more.

Access: [allstatebenefits.com/mybenefits](http://allstatebenefits.com/mybenefits)

## Here are some of the ways Joan can use her cash benefits



### Finances

Can help protect HSAs, savings, retirement plans and 401(k)s from being depleted



### Travel

Can help pay for expenses while receiving treatment in another city



### Home

Can help pay the mortgage, continue rental payments, or home repairs for after care



### Expenses

Can help pay your family's living expenses such as bills, electricity, and gas

The example above details a fictional situation; your individual experience may vary. For a listing of benefits and benefit amounts, see pages 3 and 4.

Monthly rates DI monthly benefit	Issue Age				
	18 to 49	50 to 59	60 to 64	65 to 69	70 and over

\$400.00	\$12.98	\$17.34	\$23.28	\$25.04	\$27.54
\$500.00	\$16.22	\$21.67	\$29.10	\$31.30	\$34.43
\$600.00	\$19.47	\$26.00	\$34.91	\$37.55	\$41.31
\$700.00	\$22.71	\$30.34	\$40.73	\$43.81	\$48.20
\$800.00	\$25.96	\$34.67	\$46.55	\$50.07	\$55.09
\$900.00	\$29.20	\$39.01	\$52.37	\$56.33	\$61.97
\$1,000.00	\$32.45	\$43.34	\$58.19	\$62.59	\$68.86
\$1,100.00	\$35.69	\$47.68	\$64.01	\$68.85	\$75.74
\$1,200.00	\$38.94	\$52.01	\$69.83	\$75.11	\$82.63
\$1,300.00	\$42.18	\$56.34	\$75.65	\$81.37	\$89.52
\$1,400.00	\$45.43	\$60.68	\$81.47	\$87.63	\$96.40
\$1,500.00	\$48.67	\$65.01	\$87.29	\$93.89	\$103.29
\$1,600.00	\$51.92	\$69.35	\$93.11	\$100.15	\$110.17
\$1,700.00	\$55.16	\$73.68	\$98.93	\$106.41	\$117.06
\$1,800.00	\$58.41	\$78.01	\$104.74	\$112.66	\$123.94
\$1,900.00	\$61.65	\$82.35	\$110.56	\$118.92	\$130.83
\$2,000.00	\$64.90	\$86.68	\$116.38	\$125.18	\$137.72
\$2,100.00	\$68.14	\$91.02	\$122.20	\$131.44	\$144.60
\$2,200.00	\$71.39	\$95.35	\$128.02	\$137.70	\$151.49
\$2,300.00	\$74.63	\$99.69	\$133.84	\$143.96	\$158.37
\$2,400.00	\$77.88	\$104.02	\$139.66	\$150.22	\$165.26
\$2,500.00	\$81.12	\$108.35	\$145.48	\$156.48	\$172.15
\$2,600.00	\$84.37	\$112.69	\$151.30	\$162.74	\$179.03
\$2,700.00	\$87.61	\$117.02	\$157.12	\$169.00	\$185.92
\$2,800.00	\$90.86	\$121.36	\$162.94	\$175.26	\$192.80
\$2,900.00	\$94.10	\$125.69	\$168.76	\$181.52	\$199.69
\$3,000.00	\$97.35	\$130.02	\$174.57	\$187.77	\$206.57
\$3,100.00	\$100.59	\$134.36	\$180.39	\$194.03	\$213.46
\$3,200.00	\$103.84	\$138.69	\$186.21	\$200.29	\$220.35
\$3,300.00	\$107.08	\$143.03	\$192.03	\$206.55	\$227.23
\$3,400.00	\$110.33	\$147.36	\$197.85	\$212.81	\$234.12
\$3,500.00	\$113.57	\$151.70	\$203.67	\$219.07	\$241.00
\$3,600.00	\$116.82	\$156.03	\$209.49	\$225.33	\$247.89
\$3,700.00	\$120.06	\$160.36	\$215.31	\$231.59	\$254.78
\$3,800.00	\$123.31	\$164.70	\$221.13	\$237.85	\$261.66
\$3,900.00	\$126.55	\$169.03	\$226.95	\$244.11	\$268.55
\$4,000.00	\$129.80	\$173.37	\$232.77	\$250.37	\$275.43
\$4,100.00	\$133.04	\$177.70	\$238.59	\$256.63	\$282.32
\$4,200.00	\$136.29	\$182.03	\$244.40	\$262.88	\$289.20
\$4,300.00	\$139.53	\$186.37	\$250.22	\$269.14	\$296.09
\$4,400.00	\$142.78	\$190.70	\$256.04	\$275.40	\$302.98
\$4,500.00	\$146.02	\$195.04	\$261.86	\$281.66	\$309.86
\$4,600.00	\$149.27	\$199.37	\$267.68	\$287.92	\$316.75
\$4,700.00	\$152.51	\$203.71	\$273.50	\$294.18	\$323.63
\$4,800.00	\$155.76	\$208.04	\$279.32	\$300.44	\$330.52
\$4,900.00	\$159.00	\$212.37	\$285.14	\$306.70	\$337.41
\$5,000.00	\$162.25	\$216.71	\$290.96	\$312.96	\$344.29

## Benefits - Benefit paid for the following conditions (subject to limits listed on page 3)

### BASE POLICY BENEFITS

**Total Disability** - the monthly benefit starts after the elimination period has been met. Benefits will not continue beyond the maximum benefit period

**Partial Disability** - 50% of the monthly benefit is paid after at least one month that the Total Disability Benefit is payable. Payments continue while partially disabled for up to 3 months, but not beyond the maximum benefit period

**Pregnancy** - a benefit for pregnancy is paid if total disability first begins after the certificate has been in force for at least 9 months

**Organ Donor** - a benefit is paid when disabled from donating an organ

**Waiver of Premium** - premiums are waived after monthly disability benefits are payable for 30 days in a row, for as long as monthly benefits are payable

### BASE POLICY BENEFIT CONDITIONS

**Concurrent Disability** - one monthly benefit is paid, even if you are disabled due to more than one cause. Being disabled from more than one cause does not extend the payment of benefits under the maximum benefit period

**Recurrent Disability** - a benefit is paid if disabled from the same or related cause within 6 months without a new waiting period or maximum benefit period

### DETAILS OF COVERAGE

**Maximum Monthly Benefit** - \$5,000

**Benefit Period** - 6 Months

**Elimination Period for Accident** - 14 Days

**Elimination Period for Sickness** - 14 Days

**Monthly Benefit** - Your monthly disability benefit may be reduced if you receive disability payments from other deductible sources of income which include individual disability income policies or other group insurance coverage. The calculation of your monthly benefit may also be affected if your state of residence mandates state disability insurance.

### DEFINITIONS

**Total Disability** - due to a sickness or injury, you are: unable to perform the material and substantial duties of your own occupation; under the regular care of a doctor; and not working in any job for wage or profit.

**Partial Disability** - due to a sickness or injury, you are: unable to perform the material and substantial duties of your own occupation on a full-time basis, but are able to work part-time; and under the regular care of a doctor.

**Elimination (Waiting) Period** - a period of continuous total disability which must be satisfied before you are eligible to receive benefits.

**Own Occupation** - the occupation you are performing when a period of disability begins.





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We're the name you know and trust, protecting America's families for over 50 years. Our valuable coverage options help empower people to make the best decisions for their finances and their futures.

Once you've elected coverage, register with our convenient customer service portal, MyBenefits, for anytime access to your coverage details and important documents. MyBenefits also allows you to file claims quickly and easily - and get benefits deposited directly into your bank account (authorization required).

## CERTIFICATE SPECIFICATIONS

**Eligibility** - Your employer decides who is eligible for your group (such as length of service and hours worked each week). Issue ages are 18 and over.

**Temporary Layoff, Leave of Absence or Family and Medical Leave of Absence Provision** - We will continue your coverage in accordance with your employer's human resource policy on temporary layoff or leave of absence if premium payments continue and your employer approved your leave in writing. If you are on temporary layoff or leave of absence, coverage will be continued for 3 months after you ceased active employment. If you are on Family and Medical Leave of Absence, coverage will continue as though you are in active employment.

If your employer's human resource policy does not provide for continuation of your coverage during a family and medical leave of absence, your coverage will be reinstated when you return to active employment.

We will not apply a new waiting period, apply a new pre-existing conditions exclusion, or require evidence of insurability.

**When Coverage Ends** - Coverage under the policy and riders ends on the earliest of: the date the group policy is canceled; the last day of the period for which premium payments were made; the last day you are in active employment, except as provided under the Temporary Layoff, Leave of Absence or Family and Medical Leave of Absence provision; the date you are no longer in an eligible class; the date you or your class is no longer eligible; or fraud or material misrepresentation is discovered.

**Portability Privilege** - Coverage may be continued under the Portability Provision when coverage under the policy ends. Refer to your Certificate of Insurance for details.

## EXCLUSIONS AND LIMITATIONS

**Pre-Existing Condition Limitation** - Benefits are not paid for a disability that starts within 12 months of your effective date from a pre-existing condition. You have a pre-existing condition if the disability began during the 12 months after the effective date; and you received medical treatment, consultation, care or services, diagnostic measures, or took medications or followed treatment recommendations in the 12 months prior to the effective date of coverage, or the date an increase in benefits was effective.

**Exclusions** - We do not pay benefits for disabilities resulting from: bipolar, delusional, psychotic, somatoform, eating or anxiety disorders, schizophrenia, depression or mental illness (Alzheimer's or similar forms of senile dementia are covered if they first manifest after your coverage is in effect); war or participation in a riot, insurrection or rebellion; illegal activities or participation in an illegal occupation; intentionally self-inflicted injury or action; substance abuse, to include abuse of alcohol, alcoholism, drug addiction or dependence upon any controlled substance; participation in aeronautics unless a fare-paying passenger on a licensed common-carrier aircraft; voluntarily inhaling fumes or gases; cosmetic surgery (complications are covered); pre-existing conditions during the first 12 months of coverage; occupational sickness or injury, unless covered by an on-the-job disability rider.

**Workers' Compensation or State Disability Insurance** - The certificate does not replace or affect the requirements for coverage by any workers' compensation or state disability insurance.

This brochure is for use in enrollments situated in NE. This advertisement is a solicitation of insurance; contact may be made by an Allstate Benefits Agent, Agency, or Representative.

This material is valid as long as information remains current, but in no event later than July 15, 2026. Group Short Term Disability benefits are provided under policy form GVDIP, or state variations thereof.

This is a brief overview of the benefits available under the group policy underwritten by American Heritage Life Insurance Company (Home Office, Jacksonville, FL). Details of the coverage, including exclusions and other limitations are included in the certificates issued. For additional information, you may contact your Allstate Benefits Representative.



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