



1.529
MILLION

Benefit coverage for **Gordmans**

In the United States, about 1,529,560 new cancer cases were expected to be diagnosed in 2010.¹

¹ *Cancer Facts & Figures*, American Cancer Society, 2010.

GROUP CANCER INSURANCE

Best in Benefit SeriesSM

ABJ19389X



Allstate[®]

Benefits

Recovery

group voluntary cancer

If you suddenly become diagnosed with cancer, it can be difficult on your family's financial and emotional stability. Having the right coverage to help when you are sick and undergoing treatment or when you cannot work is important. Our cancer insurance can help provide security when you need it most.

meeting your needs

Our cancer coverage can help offer you and your family members financial support during a period of unexpected illness.

- Benefits will be paid directly to you unless otherwise assigned
- Coverage can be purchased for you or your entire family
- No evidence of insurability required at initial enrollment
- Waiver of premium after 90 days of disability due to cancer for as long as your disability lasts*
- Includes coverage for 29 other specified diseases
- Portable coverage

*Primary insured only

your benefit coverage

Allstate Benefits (AB) pays the following benefits for the necessary services and products of cancer or a specified disease.

Specified Diseases - Amyotrophic Lateral Sclerosis (Lou Gehrig's Disease), Muscular Dystrophy, Poliomyelitis, Multiple Sclerosis, Encephalitis, Rabies, Tetanus, Tuberculosis, Osteomyelitis, Diphtheria, Scarlet Fever, Cerebrospinal Meningitis (bacterial), Brucellosis, Sickle Cell Anemia, Thalassemia, Rocky Mountain Spotted Fever, Legionnaire's Disease (confirmation by culture or sputum), Addison's Disease, Hansen's Disease, Tularemia, Hepatitis (Chronic B or Chronic C with liver failure or Hepatoma), Typhoid Fever, Myasthenia Gravis, Reye's Syndrome, Primary Sclerosing Cholangitis (Walter Payton's Liver Disease), Lyme Disease, Systemic Lupus Erythematosus, Cystic Fibrosis, and Primary Biliary Cirrhosis.

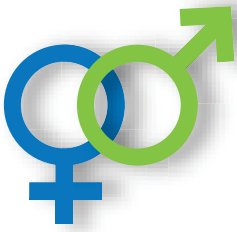
HOSPITAL AND RELATED BENEFITS

Continuous Hospital Confinement - A **\$100 (Low)** or **\$300 (High)** benefit will be paid for each day of continuous hospital confinement for the treatment of cancer or specified diseases.

Government or Charity Hospital - A **\$100 (Low)** or **\$300 (High)** benefit will be paid for each day a covered person is confined to:
1. a hospital operated by or for the U.S. Government (including the Veteran's Administration); or 2. a hospital that does not charge for the services it provides (charity). This benefit is paid in lieu of all other benefits in the policy (except Waiver of Premium Benefit).

Private Duty Nursing Services - A **\$100 (Low)** or **\$300 (High)** benefit will be paid per day while hospital confined, if a covered person requires the full-time services of a private nurse. Full-time means at least 8 hours of attendance during a 24 hour period. These services must be required and authorized by the attending physician and must be provided by a nurse.

Extended Care Facility - A **\$100 (Low)** or **\$300 (High)** benefit will be paid for each day a covered person is confined in an extended care facility for the treatment of cancer or specified disease. Confinement must be at the direction of the attending physician and must begin within 14 days after a covered hospital confinement. Benefit is limited to the number of days of the previous continuous hospital confinement.



In the U.S., men have slightly less than a 1 in 2 lifetime risk of developing cancer, for women, the risk is a little more than 1 in 3.²

² Cancer Facts & Figures, American Cancer Society, 2010.

At Home Nursing - A \$100 (Low) or \$300 (High) benefit will be paid per day for private nursing care and attendance by a nurse at home. At home nursing services must be required and authorized by the attending physician. Benefit is limited to the number of days of the previous continuous hospital confinement.

Hospice Care - A \$100 (Low) or \$300 (High) benefit will be paid for one of the following when a covered person has been diagnosed by a physician as terminally ill as a result of cancer or specified disease, is expected to live 6 months or less and the attending physician has approved services:
1. Freestanding Hospice Care Center - A benefit will be paid per day for confinement in a licensed freestanding hospice care center. Benefits payable for hospice centers that are designated areas of hospitals will be paid the same as inpatient hospital confinement; or **2. Hospice Care Team** - A benefit will be paid per visit, limited to 1 visit per day, for home care services by a hospice care team. Home care services are hospice services provided in the patient's home. Does not pay for: food services or meals other than dietary counseling; or services related to well-baby care; or services provided by volunteers; or support for the family after the death of the covered person.

RADIATION, CHEMOTHERAPY AND RELATED BENEFITS

Radiation/Chemotherapy for Cancer - Up to a \$5,000 (Low) or \$10,000 (High) benefit will be paid per 12 month period for radiation therapy and chemotherapy received by a covered person. This benefit pays the actual cost and is limited to the amount shown per 12 month period beginning with the first day of benefit under this provision. Administration of radiation therapy or chemotherapy other than by medical personnel in a physician's office or hospital, including medications dispensed by a pump, will be limited to the costs of the drugs only, subject to the maximum amount payable per 12 month period.

Blood, Plasma, and Platelets - Up to a \$5,000 (Low) or \$10,000 (High) benefit will be paid per 12 month period, for the actual cost of blood, plasma and platelets (including transfusions and administration charges); processing and procurement costs; and cross-matching. Does not pay for blood replaced by donors or immunoglobulins.

Hematological Drugs - Up to a \$100 (Low) or \$200 (High) benefit will be paid per year for the actual cost of drugs intended to boost cell lines such as white blood cell counts, red blood cell counts and platelets. This benefit is paid only when the Radiation/Chemotherapy for Cancer benefit is paid.

Medical Imaging - Actual cost up to a \$250 (Low) or \$500 (High) benefit will be paid per calendar year if a covered person receives an initial diagnosis or follow-up evaluation based upon one of the following medical imaging exams: CT scan; Magnetic Resonance Imaging (MRI) scan; bone scan; thyroid scan; Multiple Gated Acquisition (MUGA) scan; Positron Emission Tomography (PET) scan; transrectal ultrasound; or abdominal ultrasound. This benefit is limited to 1 payment per calendar year per covered person.

SURGERY AND RELATED BENEFITS

Surgery - Up to a \$1,500 (Low) or \$3,000** (High) benefit will be paid** when a covered surgery is performed on a covered person for the purpose of treating or diagnosing a cancer or specified disease. This benefit pays the actual charges, up to the amount listed in the Schedule of Surgical Procedures for the specific procedure. Two or more procedures performed at the same time through one incision or entry point are considered one operation; AB pays the amount for the procedure with the greatest benefit. AB pays for a covered surgery performed on an outpatient basis at 150% of the scheduled benefit. This benefit does not pay for surgeries covered by other benefits in the Schedule of Benefits.
****Amount per surgery depends on surgery.**

Anesthesia - 25% of the surgery benefit will be paid for anesthesia received by an anesthetist.

Ambulatory Surgical Center - A \$250 (Low) or \$500 (High) benefit will be paid for the use of an Ambulatory Surgical Center, for a surgical procedure covered under the Surgery benefit that is performed at an Ambulatory Surgical Center.

Second Opinion - A \$200 (Low) or \$400 (High) benefit will be paid for a second opinion, if physician recommends surgery or treatment for covered condition. This second opinion must be rendered prior to surgery or treatment being performed, and obtained from a physician not in practice with the physician rendering the original recommendation.

Bone Marrow or Stem Cell Transplant* - A 1. \$500*, 2. \$1,250*, 3. \$2,500* (Low) or 1. \$1,000*, 2. \$2,500*, 3. \$5,000* (High) benefit will be paid for the following types of bone marrow or stem cell transplants performed on a covered person. 1. A transplant which is other than non-autologous. 2. A transplant which is non-autologous for the treatment of cancer or specified disease, other than Leukemia. 3. A transplant which is non-autologous for the treatment of Leukemia. ***This benefit is payable only once per covered person per calendar year.**

MISCELLANEOUS BENEFITS

Inpatient Drugs and Medicine - A \$25 (Low) or \$25 (High) benefit will be paid per day for drugs and medicine while continuously hospital confined. This benefit does not pay for drugs and/or medicine covered under the Radiation/Chemotherapy Benefit or the Anti-Nausea Benefit.

Physician's Attendance - A \$50 (Low) or \$50 (High) benefit will be paid for a visit by a physician during hospital confinement. Benefit is limited to one visit by one physician per day of hospital confinement. Admission to the hospital as an inpatient is required.

Ambulance - A \$100 (Low) or \$100 (High) benefit will be paid per continuous hospital confinement for transportation by a licensed ambulance service or a hospital owned ambulance to or from a hospital in which the covered person is confined.

Non-Local Transportation - \$0.40 (Low) or \$0.40 (High) per mile or actual cost of round trip coach fare on a common carrier benefit will be paid for treatment at a hospital (inpatient or outpatient); or radiation therapy center; or chemotherapy or oncology clinic; or any other specialized freestanding treatment center nearest to the covered person's home, provided the same or similar treatment cannot be obtained locally. Benefit pays up to 700 miles for round trip in personal vehicle. "Non-Local" means a round trip of more than 70 miles from the covered person's home to the nearest treatment facility. Mileage is measured from the covered person's home to the nearest treatment facility as described above. Does not cover transportation for someone to accompany or visit the person receiving treatment; visits to a physician's office or clinic; or for services other than actual treatment.

Outpatient Lodging - A \$50 (Low) or \$50 (High) benefit will be paid for lodging per day when a covered person receives radiation or chemotherapy treatment on an outpatient basis, provided the specific treatment is authorized by the attending physician and cannot be obtained locally. Benefit is for a single room in a motel, hotel, or other accommodations acceptable to us during treatment, **up to the maximum \$2,000** per 12 months beginning with the first day of benefit under this provision. Outpatient treatment must be received at a treatment facility more than 100 miles from the covered person's home.

Family Member Lodging and Transportation - Up to a \$50 (Low) or \$50 (High) benefit per day will be paid for lodging and \$0.40 (Low) or \$0.40 (High) per mile or the actual cost of round trip coach fare on a common carrier will be paid for one adult member of the covered person's family to be near the covered person, when a covered person is confined in a non-local hospital for specialized treatment. **1. Lodging** -This benefit is for a single room in a motel, hotel, or other accommodations acceptable to AB. Benefit is limited to 60 days for each period of continuous hospital confinement. **2. Transportation** - Benefit is limited to 700 miles per continuous hospital confinement if traveling in personal vehicle. Mileage is measured from the visiting family member's home to the hospital where the covered person is confined. Does not pay the Family Member Transportation Benefit if the personal vehicle transportation benefit is paid under the Non-Local Transportation Benefit, when the family member lives in the same city or town as the covered person.

Physical or Speech Therapy - A \$50 (Low) or \$50 (High) benefit will be paid per day, for physical or speech therapy for restoration of normal body function.

New or Experimental Treatment - Actual charges up to a \$5,000 (Low) or \$5,000 (High) benefit will be paid per 12 month period, for new or experimental treatment. New or experimental treatment is covered for cancer and specified disease when: the treatment is judged necessary by the attending physician; and no other generally accepted treatment produces superior results in the opinion of the attending physician. This benefit is limited to the maximum shown per 12 month period beginning with the first day of treatment under this provision. This benefit does not pay if benefits are payable for treatment covered under any other benefit in the Schedule of Benefits.

Prosthesis - Up to a \$2,000 (Low) or \$2,000 (High) benefit will be paid per amputation, per covered person for the actual charges for prosthetic devices which are prescribed as a direct result of surgery and which require surgical implantation.

Hair Prosthesis - A \$25 (Low) or \$25 (High) benefit will be paid every 2 years, for a wig or hairpiece if the covered person experiences hair loss.

Nonsurgical External Breast Prosthesis - Up to a \$50 (Low) or \$50 (High) benefit will be paid for the actual cost of the initial, nonsurgical breast prosthesis following a covered mastectomy or partial mastectomy that is paid for under the policy.

Anti-Nausea Benefit - Up to a \$200 (Low) or \$200 (High) benefit will be paid per year for the actual cost of anti-nausea medication prescribed for a covered person by a physician. This benefit does not pay for medication administered while the covered person is an inpatient.

Waiver of Premium (primary insured only) - If while coverage is in force the insured employee becomes disabled due to cancer first diagnosed after the effective date of coverage and remains disabled for 90 days, AB pays premiums due after such 90 days for as long as the insured employee remains disabled.

ADDITIONAL BENEFITS

Cancer Initial Diagnosis - A one time benefit of \$1,000 (Low) or \$3,000 (High) benefit will be paid when a covered person is diagnosed for the first time in their life as having cancer other than skin cancer. The first diagnosis must occur after the effective date of coverage for that covered person. Benefit is payable only once per covered person.

Wellness - A \$75 (Low) or \$100 (High) benefit will be paid per calendar year per covered person for one of the following wellness tests: Biopsy for skin cancer; Blood test for triglycerides; Bone Marrow Testing; CA15-3 (cancer antigen 15 - 3 - blood test for breast cancer); CA125 (cancer antigen 125 - blood test for ovarian cancer); CEA (carcinoembryonic antigen - blood test for colon cancer); Chest X-ray; Colonoscopy; Doppler screening for carotids; Doppler screening for peripheral vascular disease; Echocardiogram; EKG (Electrocardiogram); Flexible sigmoidoscopy; Hemocult stool analysis; HPV (Human Papillomavirus) Vaccination; Lipid panel (total cholesterol count); Mammography, including Breast Ultrasound; Pap Smear, including ThinPrep Pap Test; PSA (prostate specific antigen - blood test for prostate cancer); Serum Protein Electrophoresis (test for myeloma); Stress test on bike or treadmill; Thermography; and Ultrasound screening of the abdominal aorta for abdominal aortic aneurysms. This benefit is paid regardless of the result of the test.

Intensive Care - A benefit will be paid for each day for the following types of intensive care confinement: **A.** Hospital Intensive Care Unit Confinement **\$200 (Low), \$300 (High)*** - This benefit is for hospital intensive care unit confinement for any illness or accident. **B.** Step-Down Hospital Intensive Care Unit Confinement **\$100 (Low), \$150 (High)*** - This benefit is for step-down hospital intensive care unit confinement for any illness or accident. **C.** Ambulance - AB pays the **actual charges** for transportation of a covered person by licensed air or surface ambulance service to a hospital for admission to an intensive care unit for a covered confinement. This benefit is not paid if an ambulance benefit is paid under the Ambulance benefit in the policy. ***This benefit is limited to 45 days for each period of such confinement. A day is a 24 hour period. If confinement is for only a portion of a day, then a pro-rata share of the daily benefit is paid.**

premiums detailed

Your packaged premiums consist of:

Low Option - 1 unit of Hospital and Related Benefits; 2 units of Radiation, Chemotherapy and Related Benefits; 1 unit of Surgery and Related Benefits; 1 unit of Miscellaneous Benefits; 3 units of Additional Wellness Benefit; 1 unit of Additional Cancer Initial Diagnosis; and 2 units of Additional Intensive Care Unit Benefit.

High Option - 3 units of Hospital and Related Benefits; 4 units of Radiation, Chemotherapy and Related Benefits; 2 units of Surgery and Related Benefits; 1 unit of Miscellaneous Benefits; 4 units of Additional Wellness Benefit; 3 units of Additional Cancer Initial Diagnosis; and 3 units of Additional Intensive Care Unit Benefit.

Low Option

Insureds	Bi-Weekly
Employee (EE)	\$6.42
EE + Child(ren)	\$8.90
EE + Spouse	\$10.16
Family	\$12.62

High Option

Insureds	Bi-Weekly
Employee (EE)	\$12.54
EE + Child(ren)	\$17.66
EE + Spouse	\$19.68
Family	\$24.78

Issue Ages: 18 and older while actively at work.

Certificates

Certificates under this plan are issued on a guaranteed basis only at the time of the initial enrollment. A completed Evidence of Insurability form is required for late entrants into the group plan.

The listing below details benefit amounts associated with the benefits described in this brochure.

HOSPITAL AND RELATED BENEFITS	Low	High
Continuous Hospital Confinement	\$100/day	\$300/day
Government or Charity Hospital	\$100/day	\$300/day
Private Duty Nursing Services	\$100/day	\$300/day
Extended Care Facility	\$100/day	\$300/day
At Home Nursing	\$100/day	\$300/day
Hospice Care (Freestanding Hospice Care Center or Hospice Care Team)	\$100/day	\$300/day

RADIATION, CHEMOTHERAPY AND RELATED BENEFITS		
Radiation/Chemotherapy for Cancer	\$5,000* ²	\$10,000* ²
Blood, Plasma, and Platelets	\$5,000* ²	\$10,000* ²
Hematological Drugs	\$100/year*	\$200/year*
Medical Imaging	\$250/year*	\$500/year*

SURGERY AND RELATED BENEFITS		
Surgery	\$1,500*	\$3,000*
Anesthesia	25% of Surgery	25% of Surgery
Ambulatory Surgical Center	\$250/day	\$500/day
Second Opinion	\$200	\$400
Bone Marrow or Stem Cell Transplant	1.\$500 ⁵ 2.\$1,250 ⁵ 3.\$2,500 ⁵	1.\$1,000 ⁵ 2.\$2,500 ⁵ 3.\$5,000 ⁵

MISCELLANEOUS BENEFITS		
Inpatient Drugs and Medicine	\$25/day	\$25/day
Physician's Attendance	\$50/day	\$50/day
Ambulance	\$100/Confinement	\$100/Confinement
Non-Local Transportation	Coach Fare or \$0.40/mi.	Coach Fare or \$0.40/mi.
Outpatient Lodging	\$50/day ¹	\$50/day ¹
Family Member Lodging	\$50/day*	\$50/day*
Family Member Transportation	Coach Fare or \$0.40/mi.	Coach Fare or \$0.40/mi.
Physical or Speech Therapy	\$50/day	\$50/day
New or Experimental Treatment	\$5,000* ²	\$5,000* ²
Prosthesis	\$2,000* ³	\$2,000* ³
Hair Prosthesis	\$25/2 years	\$25/2 years
Nonsurgical External Breast Prosthesis	\$50*	\$50*
Anti-Nausea Benefit	\$200/year*	\$200/year*
Waiver of Premium (Primary Insured Only)	Yes	Yes

ADDITIONAL BENEFITS		
Cancer Initial Diagnosis	\$1,000 ⁴	\$3,000 ⁴
Wellness	\$75/year	\$100/year
Intensive Care	1.\$200/day ⁶ 2.\$100/day ⁶ 3.Actual Charges	1.\$300/day ⁶ 2.\$150/day ⁶ 3.Actual Charges

* Benefit pays for charges/costs up to amount listed.

¹ Limit \$2,000 per 12 mo. period.

² Per 12 mos.

³ Per amputation.

⁴ One time benefit.

⁵ Payable once per covered person, per calendar year.

⁶ Maximum 45 days.



certificate specifications

Eligibility - Family members eligible for coverage include: you; your legal spouse; or your unmarried children including adopted children from the moment of placement in the residence, stepchildren, or legal ward who are under 22 years old, or under 26 years old and full-time students at an educational institution of higher learning beyond high school. Your children must be dependent on you for support or reside with you over 50% of the time in a regular parent-child relationship and be named on the enrollment or evidence of insurability form.

Portability Privilege - If your coverage terminates for any reason other than failure to pay required premiums, or if your employer terminates the group policy and does not replace it with another group cancer plan, you will be eligible for portability coverage. This means you continue the same benefits you had under the group policy, but pay your premiums directly to AB. You will no longer be covered under the group policy, but will continue to receive the benefits described in your certificate of insurance.

Termination of Coverage - As long as you are insured, your coverage under the policy ends on the earliest of: the date the policy is canceled; or the last day of the period for which you made any required premium payments; or 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; or the date you are no longer in an eligible class; or the date your class is no longer eligible. We will provide coverage for a payable claim that occurs while you are covered under the policy. If your spouse is a covered person, the spouse's coverage ends upon valid decree of divorce or your death. If your child is a covered person, the child's coverage ends on the certificate anniversary next following the date the child is no longer eligible. This is the earlier of when the child: a. marries; or b. reaches age 22 (26 if a full-time student attending an educational institution of higher learning beyond high school); or c. otherwise does not meet the requirements of an eligible dependent. Coverage does not terminate on an unmarried child who: is incapable of self-sustaining employment by reason of mental or physical incapacity; and became so incapacitated prior to the attainment of the limiting age of eligibility under the policy; and is chiefly dependent upon you for support and maintenance. The child's coverage continues as long as your coverage remains in force and the child remains in such condition. Proof of the incapacity and dependency of the child must be furnished within 60 days of the child's attainment of the limiting age of eligibility. Thereafter, such proof must be furnished as frequently as may be required, but no more frequently than annually after the child's attainment of the limiting age for eligibility. If we accept a premium for coverage extending beyond the date, age or event specified for termination as to a covered person, such premium will be refunded, coverage will terminate and claims will not be paid.

Coverage Subject to the Policy - The coverage described in the certificate of insurance is subject in every way to the terms of the policy that is issued to the policyholder (your employer). It alone makes up the agreement by which the insurance is provided. The group policy may at any time be amended or discontinued by agreement between AB and the policyholder. Your consent is not required for this. AB is not required to give you prior notice.

Limitations and Exceptions

Pre-Existing Condition - AB does not pay for any benefit due to, or caused by, a pre-existing condition, as defined, during the 12 month period beginning on the date that person became a covered person. A pre-existing condition is a disease or physical condition for which symptoms existed within the 12 month period prior to the effective date of coverage; or medical advice or treatment was recommended or received from a member of the medical

profession within the 12 month period prior to the effective date of coverage.

Exclusions and Limitations - The policy does not pay for any loss except for losses due directly from cancer or specified disease. The policy does not pay for any other conditions or diseases caused or aggravated by cancer or a specified disease. Diagnosis must be submitted to support each claim.

For Surgery, New or Experimental Treatment and Prosthesis Benefits, if specific charges are not obtainable as proof of loss, AB will pay 50% of the applicable maximum for the benefits payable. Treatment must be received in the United States or its territories.

Intensive Care Exclusions and Limitations - The Hospital Intensive Care Unit Confinement benefit does not pay for intensive care if a covered person is admitted because of an attempted suicide; or intentional self-inflicted injury; or intoxication or being under the influence of drugs not prescribed or recommended by a physician; or alcoholism or drug addiction. We do not pay for confinements in any care unit that does not qualify as a hospital intensive care unit. Progressive care units, sub-acute intensive care units, intermediate care units, and private rooms with monitoring, step down units and any other lesser care treatment units do not qualify as hospital intensive care units. We do not pay for step-down hospital intensive care unit confinement if a covered person is admitted and confined in the following type of units: telemetry or surgical recovery rooms; post-anesthesia care units, progressive care units; intermediate care units; private monitored rooms; observation units located in emergency rooms or outpatient surgery units; beds, wards, or private or semi-private rooms with or without telemetry monitoring equipment; an emergency room; labor or delivery rooms; or other facilities that do not meet the standards for a step-down hospital intensive care unit. We do not pay this benefit for continuous hospital intensive care unit confinements or continuous step-down hospital intensive care unit confinements that occur during a hospitalization that begins before the effective date of coverage.

The policy is Limited Benefit Cancer and Specified Disease Insurance. This is not a Medicare Supplement Policy. If eligible for Medicare, review Medicare Supplement Buyer's Guide available from American Heritage Life Insurance Company. Subject to COBRA continuation of coverage.

The coverage is provided by a limited benefit supplemental insurance policy. This material is valid as long as information remains current, but in no event later than February 15, 2014. Group Cancer and Specified Disease benefits provided by policy GVCP3, or state variations thereof. This brochure highlights some features of the policy but is not the insurance contract. Only the actual policy provisions control. The policy sets forth in detail, the rights and obligations of both the policyholder (employer) and the insurance company. For complete details, contact your Insurance Agent, or call 1-800-521-3535. This is a brief overview of the benefits available under the Group Voluntary Policy underwritten by American Heritage Life Insurance Company. Details of the insurance, including exclusions, restrictions and other provisions are included in the certificate issued.

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This brochure is for use in the Gordmans enrollment which is situated in Nebraska.



Allstate Benefits is the marketing name used by American Heritage Life Insurance Company (Home Office, Jacksonville, FL), a subsidiary of The Allstate Corporation.
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