

Supplemental Report

Nationwide Marathon Indexed UL Protector II Nationwide Life and Annuity Insurance Company, Columbus, Ohio

Will the Myths of Long Term Care Leave you Unprotected?

Long-term care is a subject that people don't like to think about. A lot of myths exist - myths like "long-term care means going to a nursing home." It helps to be educated on what long-term care really means to **you**. And learning what the reality is can help you make the right decision for yourself.

Myth 1. Long-term care will be paid for by health insurance, Medicare or Medicaid.

Reality

Health insurance only pays for people who are going to get better. Medicare only pays a maximum of 100 days coverage after a 3 consecutive day stay in a nursing home, and only the first 20 days are free.
 Medicaid is for the impoverished, which means assets have to be less than \$2,000.

Myth 2. Most people who need long-term care go to a nursing home.

Reality

Most long-term care is given outside a nursing home. Statistics show 73% of people who need long-term
care live and are able to receive care at home or are in community service settings (assisted living, adult
day care, etc).¹

Myth 3. My parents and grand parents did not need long-term care, so neither will I.

Reality

 There is a 50% chance you will need some type of long-term care.² If you live to the age of 65, there is a 70% chance you will need long-term care.³

Myth 4. My spouse and I can just take care of each other.

Reality

- Women who live past age 65 have a 50% greater chance of entering a nursing home than a man.¹
- Women need care longer (on average 3.5 years) than do men (on average 2.2 years).⁴
- On average, women live 5 years longer than a man.¹

Myth 5. Long-term care is for old people.

Reality

Approximately 40% of individuals who require long-term care are between the ages of 18 and 64.4

Myth 6. I'll just pay for long-term care out of savings.

Reality

- The average stay in a nursing home is 2.5 years, and the average time in care outside a nursing home is 4.5 years.⁵
- The average annual cost of a private room in a nursing home is \$87,235 and a semi-private room is \$78,110. Assisted Living averages \$41,724 per year. Specialized home health care averages a cost of \$21 per hour.⁶

¹The 2011 Sourcebook for Long-term Care Insurance Information - American Association for Long-Term Care Insurance 2011 ²What are the Chances of Needing Long Term Care?" June 2010

³2011 Medicare Handbook (www.medicare.gov)

⁴U.S. Dept. of Health & Human Services, National Underwriter Life and Health - "Riding the Life Extension Wave", Nov. 11, 2011 ⁵"What is Long-Term Care? The Misunderstood Health Care", www.GuideToLongTermCare.com (2010)

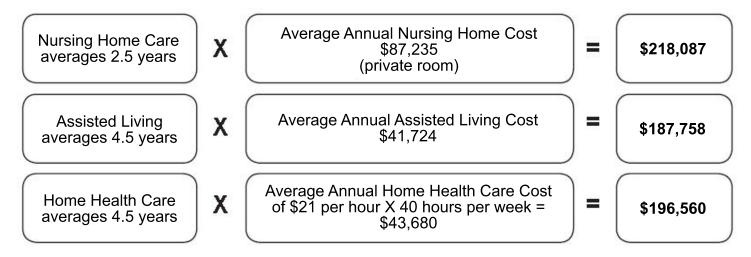
⁶Mature Market Institute, Market Survey of Long Term Care Costs, October 2011



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Do The Math! Here are the current national average costs of long-term care:



Is this an expense you can afford to handle on your own?