

Core Plan Rates and Calculation Worksheet

Use the rates in the Age/Rate Table to calculate your benefit and premium for voluntary Long-Term Disability coverage in the worksheet below.

Age	Rate
< 25	\$0.134
25 - 29	\$0.201
30 - 34	\$0.277
35 - 39	\$0.354
40 - 44	\$0.545
45 - 49	\$0.746
50 - 54	\$0.946
55 +	\$1.109

Benefit and Premium Calculation Worksheet

A. Enter your monthly salary*	\$ _____
C. Divide A (monthly salary) by 100	\$ _____
D. Multiply C by the rate above for your age = monthly premium	\$ _____

*** If you are uncertain what your current monthly salary is, please consult your employer.**

**** Monthly benefit cannot exceed \$6,000.**