

• *Federal Long Term Care*

- *Long term care is care that you need if you can no longer perform everyday tasks by yourself due to a chronic illness, injury, disability or the aging process.*
- *Long term care includes the supervision you might need due to a severe cognitive impairment (such as Alzheimer's disease).*
- *Long term care isn't intended to cure you. It is chronic care that you might need for the rest of your life. This care can span years and can be expensive depending on the type of care you need and location where that care is received. Long term care insurance is one way of helping to pay for these expenses.*

• *Federal Long Term Care*

- *NAF employees are eligible to enroll in the Federal Long Term Care Insurance Program*
- *There are no payroll deductions and premiums must be paid directly to the LTC provider. Your premium is dependent upon your age when you applied, so the younger you are when you apply the lower your premium*
- *Additional information or to enroll, go to <http://www.ltcfeds.com> or call 1-800-LTC-FEDS (1-800-582-3337)*