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CIVILIAN PERSONNEL  
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**Long-Term Care Insurance Is Coming Later in 2002!**

- Many FEHB enrollees think that their health plan and/or Medicare will cover their long-term care needs -- Unfortunately, they are WRONG!
- How are YOU planning to pay for the future custodial or chronic care you may need?
- You should consider buying long-term care insurance.

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The Office of Personnel Management (OPM) will sponsor a high-quality long-term care insurance program effective in October 2002. As part of its educational effort, OPM asks you to consider these questions:

**What is long-term care (LTC) insurance?**

- It's insurance to help pay for long-term care services you may need if you can't take care of yourself because of an extended illness or injury, or an age-related disease such as Alzheimer's.
- LTC insurance can provide broad, flexible benefits for nursing home care, care in an assisted living facility, care in your home, adult day care, hospice care, and more. ***LTC insurance can supplement care provided by family members, reducing the burden you place on them.***

**I'm healthy. I won't need long-term care. Or, will I?**

- ***Welcome to the club!*** 76% of Americans believe they will never need long-term care, but the facts are that about half of them will. And it's not just the old folks. About 40% of people needing long-term care are under age 65. They may need chronic care due to a serious accident, a stroke, or developing multiple sclerosis, etc.
- We hope you will never need long-term care, but everyone should have a plan just in case. ***Many people now consider long-term care insurance to be vital to their financial and retirement planning.***

**Is long-term care expensive?**

- Yes, it can be very expensive. A year in a nursing home can exceed \$50,000. Home care for only three 8-hour shifts a week can exceed \$20,000 a year. And that's before inflation!
- Long-term care can easily exhaust your savings. ***Long-term care insurance can protect your savings.***

**But won't my FEHB plan, Medicare or Medicaid cover my long-term care?**

- Not FEHB. Look at the "Not covered" blocks in sections 5(a) and 5(c) of your FEHB brochure. Health plans don't cover custodial care, a stay in an assisted living facility, or a continuing need for a home health aide to help you with other activities of daily living. Limited stays in skilled nursing facilities can be covered in some circumstances.
- Medicare only covers skilled nursing home care (the highest level of nursing care) after a hospitalization for those who are blind, age 65 or older or fully disabled. It also has a 100-day limit.
- Medicaid covers long-term care for those who meet their state's poverty guidelines, but has restrictions on covered services and where they can be received. ***Long-term care insurance can provide choices of care and preserve your independence.***

**When will I get more information on how to apply for this new insurance coverage?**

- Employees will get more information from their agencies during the LTC open enrollment period in the late summer/early fall of 2002.
- Retirees will receive information at home.

**How can I find out more about the program NOW?**

- OPM's toll-free teleservice center will begin in mid-2002. In the meantime, you can learn more about the program on their web site at <http://www.opm.gov/insure/ltc/index.htm>

**Frequently Asked Questions**

**Q.** Is the Federal Long-Term Care Insurance Program (FLTCIP) part of the Federal Employees Health Benefits Program (FEHBP)?

**A.** No. It is an entirely separate, unrelated program.

**Q.** Why is this page in my health benefits brochure? How does it relate to the long-term care benefit that my plan or other organization (unions, etc.) offers outside of the FEHB Program?

**A.** In general, people eligible to enroll in the FEHB Program will be eligible to apply for coverage under the FLTCIP (except District of Columbia employees and retirees). So, OPM thought that FEHB brochures and open season materials were natural vehicles for beginning to get the word out about an important new benefit that is coming later in 2002. The FLTCIP has no relationship to long-term care insurance policies that may be sponsored or sold by organizations associated with the FEHB Program, or any other organization for that matter.

**Q.** Do I need to be enrolled in the FEHB Program in order to sign up for the new FLTCIP?

**A.** No.

**Q.** Should I cancel my FEHB enrollment if I'm enrolling in the FLTCIP?

**A.** No. It is a separate program providing separate benefits. Your FEHB enrollment doesn't cover long-term care services. That's what the FLTCIP covers. Conversely, the FLTCIP isn't designed to cover health care costs - it provides reimbursement for chronic care services.

**Q.** Can I choose a self-and-family option for the FLTCIP?

**A.** No. Self-and-family has meaning in the FEHB program, but not in the FLTCIP. In the new FLTCIP program, you apply for your own coverage and any of your eligible family members apply for their own individual coverage separately. Any of your eligible family members can apply for coverage even if you don't. Also, unlike the FEHB Program, the FLTCIP doesn't cover minor children but eligible adult (age 18 or over) "children" can apply for coverage.

**Q.** Can my spouse sign-up separately?

**A.** Yes. He/she can apply for coverage even if you don't. Your spouse must answer the applicable underwriting (health-related) questions. You cannot apply for his/her coverage yourself.

**Q.** Can I sign up for the FLTCIP now, during the current FEHB open season?

**A.** No. The program won't be available during the current FEHB open season (November 12 - December 10, 2001).

**Q.** When will this new program be available?

**A.** The FLTCIP should definitely be available by October 2002, and we hope significantly before then. There will be an early enrollment

period sometime during the first half of 2002. People who don't need the benefits of an educational and marketing campaign can apply for the coverage and if they pass the underwriting (health questions), their coverage will be effective. There will be an open season sometime during the second half of 2002. As soon as OPM has more details they will post them on the web and also communicate them through agency FLTCIP implementation coordinators and Federal retirement programs.

**Q.** Do I have to be enrolled in the new FLTCIP for the 5 years immediately before my retirement (or from my first opportunity to enroll), just like with FEHB, in order to have the coverage in retirement?

**A.** No. The coverage is fully portable. That means that if you quit your job or retire, you still have the long-term care insurance coverage, as long as you continue to pay the premiums.

**Q.** What insurance company is offering the long-term care insurance coverage under this program?

**A.** This information will be publicized as soon as OPM finalizes a contract.

**Q.** Does that insurance company have a toll-free number to call about the new Program and/or a website?

**A.** The FLTCIP contractor's toll-free number and website will be publicized on the OPM website and through Federal agencies and retirement programs as soon as the number is set up.

**Q.** How can I find out more about the FLTCIP?

**A.** Visit OPM's website at [www.opm.gov/insure/ltc](http://www.opm.gov/insure/ltc). Be sure to click on the [Frequently Asked Questions](#). And even if you don't have Internet access, you'll still find out more about the program because the FLTCIP contractor's toll-free number will be publicized through Federal agencies and retirement programs as soon as OPM establishes the number to call.

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