

# Aflac Group Critical Illness

**INSURANCE – PLAN INCLUDES BENEFITS  
FOR CANCER AND HEALTH SCREENING**

We help take care of your  
expenses while you take  
care of yourself.



This is a supplement to health insurance. It is not a substitute for essential health benefits or minimum essential coverage as defined in federal law.

THIS IS NOT A MEDICARE SUPPLEMENT PLAN. PLEASE READ CAREFULLY.

In California, coverage is underwritten by  
Continental American Life Insurance Company.



# AFLAC GROUP CRITICAL ILLNESS

## Aflac can help ease the financial stress of surviving a critical illness.

Chances are you may know someone who's been diagnosed with a critical illness. You can't help but notice the difference in the person's life—both physically and emotionally. What's not so obvious is the impact a critical illness may have on someone's personal finances.

That's because while a major medical plan may pay for a good portion of the costs associated with a critical illness, there are a lot of expenses that may not be covered. And, during recovery, having to worry about out-of-pocket expenses is the last thing anyone needs.

### That's the benefit of an Aflac Group Critical Illness plan.

It can help with the treatment costs of covered critical illnesses, such as a heart attack or stroke.

More importantly, the plan helps you focus on recuperation instead of the distraction of out-of-pocket costs. With the Critical Illness plan, you receive cash benefits directly (unless otherwise assigned)—giving you the flexibility to help pay bills related to treatment or to help with everyday living expenses.

## What you need, when you need it.

Group critical illness insurance pays cash benefits that you can use any way you see fit.



## Here's why the Aflac Group Critical Illness plan may be right for you.

For more than 60 years, Aflac has been dedicated to helping provide individuals and families peace of mind and financial security when they've needed it most. The Aflac Group Critical Illness plan is just another innovative way to help make sure you're well protected.

But it doesn't stop there. Having group critical illness insurance from Aflac means that you may have added financial resources to help with medical costs or ongoing living expenses.

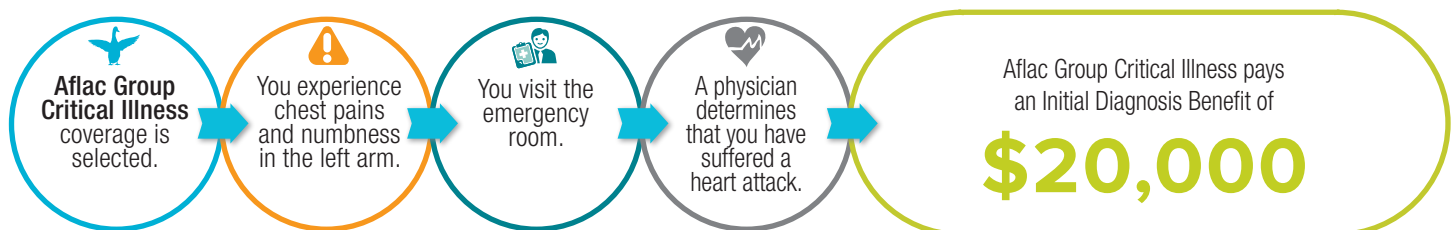
### The Aflac Group Critical Illness plan benefits include:

- Critical Illness Benefit payable for:
  - Cancer
  - Heart Attack (Myocardial Infarction)
  - Stroke
  - Kidney Failure (End-Stage Renal Failure)
  - Limited Benefit Major Organ Transplant
  - Bone Marrow Transplant (Stem Cell Transplant)
  - Sudden Cardiac Arrest
  - Coronary Artery Bypass Surgery
  - Non-Invasive Cancer
  - Skin Cancer
  - Limited Benefit Coma
  - Severe Burn
  - Limited Benefit Paralysis
  - Limited Benefit Loss of Speech / Sight / Hearing
- Mammography
- Health Screening Benefit

### Features:

- The Childhood Conditions Rider, available at no extra cost to you, provides a one-time benefit for Autism Spectrum Disorder.
- Benefits are paid directly to you, unless otherwise assigned.
- Coverage is available for you, your spouse, and dependent children.
- Coverage may be continued (with certain stipulations). That means you can take it with you if you change jobs or retire.

### How it works



Amount payable based on \$20,000 Initial Diagnosis Benefit.

For more information call Mercer Voluntary Benefits at 1-800-274-4833 or visit [www.aflac.com/chevron](http://www.aflac.com/chevron).

## Benefits Overview

### COVERED CRITICAL ILLNESSES:

<b>CANCER</b> (Internal or Invasive)	100%
<b>HEART ATTACK</b> (Myocardial Infarction)	100%
<b>STROKE</b> (Ischemic or Hemorrhagic)	100%
<b>LIMITED BENEFIT MAJOR ORGAN TRANSPLANT</b> (25% of this benefit is payable for insureds placed on a transplant list for a limited benefit major organ transplant)	100%
<b>KIDNEY FAILURE</b> (End-Stage Renal Failure)	100%
<b>BONE MARROW TRANSPLANT</b> (Stem Cell Transplant)	100%
<b>SUDDEN CARDIAC ARREST</b>	100%
<b>SEVERE BURN*</b>	100%
<b>LIMITED BENEFIT PARALYSIS**</b>	100%
<b>LIMITED BENEFIT COMA**</b>	100%
<b>LIMITED BENEFIT LOSS OF SPEECH / SIGHT / HEARING**</b>	100%
<b>CORONARY ARTERY BYPASS SURGERY</b>	25%
<b>NON-INVASIVE CANCER</b>	25%

#### INITIAL DIAGNOSIS

We will pay a lump sum benefit upon initial diagnosis of a covered critical illness when such diagnosis is caused by or solely attributed to an underlying disease. Cancer diagnoses are subject to the cancer diagnosis limitation. Benefits will be based on the face amount in effect on the critical illness date of diagnosis.

#### ADDITIONAL DIAGNOSIS

Pays benefits for each different critical illness after the first. Cancer diagnoses are subject to the cancer diagnosis limitation.

#### REOCCURRENCE

We will pay benefits for the same critical illness after the first when the two dates of diagnoses are separated by at least 6 consecutive months. Cancer diagnoses are subject to the cancer diagnosis limitation.

#### CHILD COVERAGE AT NO ADDITIONAL COST

Each dependent child is covered at 50 percent of the primary insured's benefit amount at no additional charge. Children-only coverage is not available.

#### SKIN CANCER BENEFIT

We will pay \$500 for the diagnosis of skin cancer. We will pay this benefit once per calendar year.

#### MAMMOGRAPHY BENEFIT

We will pay \$200 for mammography tests performed while an insured's coverage is in force. This benefit is payable as follows:

- A baseline mammogram for women age 35 to 39, inclusive.
- A mammogram for women age 40 to 49, inclusive, every two years or more frequently based on the women's physicians' recommendations.
- A mammogram every year for women age 50 and over.

Payment of this benefit will not reduce the face amount of the certificate. This benefit is payable once per calendar year.

#### WAIVER OF PREMIUM

If you become totally disabled due to a covered critical illness prior to age 65, after 90 continuous days of total disability, we will waive premiums for you and any of your covered dependents. As long as you remain totally disabled, premiums will be waived up to 24 months, subject to the terms of the plan.

### SUCCESSOR INSURED BENEFIT

If spouse coverage is in force at the time of the primary insured's death, the surviving spouse may elect to continue coverage. Coverage would continue at the existing spouse face amount and would also include any dependent child coverage in force at the time.

### HEALTH SCREENING BENEFIT

We will pay \$50 for health screening tests performed while an insured's coverage is in force. We will pay this benefit once per calendar year. This benefit is only payable for health screening tests performed as the result of preventive care, including tests and diagnostic procedures ordered in connection with routine examinations. This benefit is payable for the covered employee and spouse. This benefit is not paid for dependent children.

### OPTIONAL BENEFITS RIDER

#### LIMITED BENEFIT BENIGN BRAIN TUMOR

100%

#### ADVANCED ALZHEIMER'S DISEASE

100%

#### ADVANCED PARKINSON'S DISEASE

100%

These benefits will be paid based on the face amount in effect on the critical illness date of diagnosis. We will pay the optional benefit if the insured is diagnosed with one of the conditions listed in the rider schedule if the date of diagnosis is while the rider is in force.

### PROGRESSIVE DISEASES RIDER

#### AMYOTROPHIC LATERAL SCLEROSIS (ALS or Lou Gehrig's Disease)

100%

#### SUSTAINED MULTIPLE SCLEROSIS

100%

This benefit is paid based on your selected Progressive Disease Benefit amount. We will pay the benefit shown upon diagnosis of one of the covered diseases if the date of diagnosis is while the rider is in force.

### CHILDHOOD CONDITIONS RIDER

#### CYSTIC FIBROSIS

50%

#### CEREBRAL PALSY

50%

#### CLEFT LIP OR CLEFT PALATE

50%

#### DOWN SYNDROME

50%

#### PHENYLALANINE HYDROXYLASE DEFICIENCY DISEASE (PKU)

50%

#### SPINA BIFIDA

50%

#### TYPE 1 DIABETES

50%

#### AUTISM SPECTRUM DISORDER (ASD)

**One Time  
Benefit  
Amount**  
\$3,000

Benefits are payable if a dependent child is diagnosed with one of the conditions listed.

### SPECIFIED DISEASES RIDER (Illnesses Covered Under Plan Percentage of Maximum Benefit)

Adrenal Hypofunction (Addison's Disease), Cerebrospinal Meningitis, Diphtheria, Huntington's Chorea, Legionnaire's Disease, Malaria, Muscular Dystrophy, Myasthenia Gravis, Necrotizing Fasciitis, Osteomyelitis, Poliomyelitis (Polio), Rabies, Sickle Cell Anemia, Systemic Lupus, Systemic Sclerosis (Scleroderma), Tetanus, Tuberculosis

25%

Benefits are payable if an insured is diagnosed with one of the diseases listed.

#### HUMAN CORONAVIRUS (single highest benefit applicable)

Hospitalization 4+ days

10%

Hospitalization 10+ days

25%

Hospitalization ICU

40%

## LIMITATIONS AND EXCLUSIONS

**The plan is age-banded. That means your rates may increase on the policy anniversary date.**

**All limitations and exclusions that apply to the plan also apply to the riders unless amended by the riders.**

**Cancer Diagnosis Limitation** Benefits are payable for cancer and/or non-invasive cancer as long as the insured:

- Is treatment-free from cancer for at least 12 months before the diagnosis date; and
- Is in complete remission prior to the date of a subsequent diagnosis, as evidenced by the absence of all clinical, radiological, biological, and biochemical proof of the presence of the cancer.

### EXCLUSIONS

We will not pay for loss due to:

- **Self-Inflicted Injuries** – injuring or attempting to injure oneself intentionally or taking action that causes oneself to become injured;
  - **Suicide** – committing or attempting to commit suicide, while sane or insane;
  - **Illegal Occupation** – committing or attempting to commit a felony, or being engaged in an illegal occupation;
  - **Participation in Aggressive Conflict of any kind, including:**
    - War (declared or undeclared) or military conflicts;
    - Insurrection or riot
  - **Intoxicants and controlled substances:** loss sustained or contracted in consequence of the Insured's being intoxicated or under the influence of any controlled substance unless administered on the advice of a physician. Diagnosis, treatment, testing, and confinement must be in the United States or its territories.
- All benefits under the plan, including benefits for diagnoses, treatment, confinement and covered tests, are payable only while coverage is in force.

## TERMS YOU NEED TO KNOW

Bone Marrow Transplant (Stem Cell Transplant) means a procedure to replace damaged or destroyed bone marrow with healthy bone marrow stem cells. For a benefit to be payable, a Bone Marrow Transplant (Stem Cell Transplant) must be caused by at least one of the following diseases:

- Aplastic anemia
- Congenital neutropenia
- Severe immunodeficiency syndromes
- Sickle cell anemia
- Thalassemia
- Fanconi anemia
- Leukemia
- Lymphoma
- Multiple myeloma

The Bone Marrow Transplant (Stem Cell Transplant) benefit is not payable if the transplant results from a covered critical illness for which a benefit has been paid under this plan.

Cancer (internal or invasive) is a disease that meets either of the following definitions:

- A malignant tumor characterized by the uncontrolled growth and spread of malignant cells, and the invasion of distant tissue (that is, cancer that has metastasized), or
- A disease meeting the diagnostic criteria of malignancy.

A qualified medical professional must have examined and provided a report on the histocytologic architecture or pattern of the tumor, tissue, or specimen.

Leukemia, lymphoma, and Hodgkin's disease are included in the definition of cancer (internal or invasive). Also included are: (internal or invasive) also includes:

- Melanoma that is Clark's Level III or higher or Breslow depth equal to or greater than 0.77mm, (refractory anemia with excess blasts),
- Myelodysplastic syndrome – RAEB-T (refractory anemia with excess blasts in transformation), or
- Myelodysplastic syndrome – CMML (chronic myelomonocytic leukemia).
- Myelodysplastic syndrome – RAEB

The following are not considered internal or invasive cancers:

- Superficial cervical cancer, superficial bladder tumors, or pre-malignant tumors or polyps below)
- Melanoma that is diagnosed as
  - Clark's Level I or II,
  - Breslow depth less than 0.77mm, or
  - Stage 1A melanomas under TNM Staging
- Early breast cancer requiring lumpectomy without radiation or chemotherapy
- Early prostate (Stage A) cancer
- Non-Invasive Cancer (as defined

Non-Invasive Cancer is a cancer that is confined in its site of origin (in situ) without having invaded neighboring tissue.

For the purposes of the plan, Non-Invasive Cancer includes:

- Cancer in one organ, such as prostate or indolent cancer (this does not include cancer that has spread throughout the organ, such as breast cancer, which would be considered an invasive cancer)
- Myelodysplastic Syndrome – RA (refractory anemia)
- Myelodysplastic Syndrome – RARS (refractory anemia with ring sideroblasts)

Skin Cancer, as defined in this plan, is not payable under the Non-Invasive Cancer Benefit.

Skin Cancer is a cancer that forms in the tissues of the skin. The following are considered skin cancers:

- Basal cell carcinoma (dermis)
- Squamous cell carcinoma of the skin
- Melanoma in Situ – that is, melanoma cells that occur only on the outer layer of the skin (the epidermis), where there is no invasion of the deeper layer (the
- Melanoma that is diagnosed as
  - Clark's Level I or II,
  - Breslow depth less than 0.77mm, or
  - Stage 1A melanomas under TNM Staging

These conditions are not payable under the Cancer (internal or invasive) Benefit.

Cancer, non-invasive cancer, or skin cancer must be diagnosed in one of two ways:

1. Pathological Diagnosis is a diagnosis based on a microscopic study of fixed tissue or preparations from the hemic (blood) system. This diagnosis must be made by a qualified medical professional.
2. Clinical Diagnosis is based only on the study of symptoms. A clinical diagnosis will be accepted only if:
  - Diagnosis is consistent with professional medical standards,
  - Medical evidence exists to support the diagnosis, and
  - A doctor/qualified medical professional is treating you for cancer or non-invasive cancer

Complete Remission is evidenced by the absence of all clinical, radiological, biological, and biochemical proof of the presence of the cancer.

Coronary Artery Bypass Surgery means open heart surgery to correct the narrowing or blockage of one or more coronary arteries with bypass grafts and where such narrowing or blockage is attributed to coronary artery disease or acute coronary syndrome. This excludes any non-surgical procedure, such as, but not limited to, balloon angioplasty, laser relief, or stents.

Critical Illness is a disease or a sickness as defined in the plan that first manifests while your coverage is in force.

Date of Diagnosis is defined as follows:

- Bone Marrow Transplant (Stem Cell Transplant): The date the surgery occurs.
- Cancer: The day tissue specimens, blood samples, or titer(s) are taken (diagnosis of cancer and/or non-invasive cancer is based on such specimens).
- Coronary Artery Bypass Surgery: The date the surgery occurs.
- Heart Attack (Myocardial Infarction): The date the infarction (death) of a portion of the heart muscle occurs. This is based on the criteria listed under the heart attack (myocardial infarction) definition.
- Kidney Failure (End-Stage Renal Failure): The date a doctor/qualified medical professional recommends that an insured begin renal dialysis.
- Limited Benefit Major Organ Transplant: The date the surgery occurs.
- Limited Benefit Coma: The first day of the period for which a doctor/qualified medical professional confirms a limited benefit coma
- that is due to one of the underlying diseases and that has lasted for at least seven consecutive days.
- Limited Benefit Loss of Sight, Speech, or Hearing: The date the loss due to one of the underlying diseases is objectively determined by a doctor/qualified medical professional to be total and irreversible.
- Limited Benefit Paralysis: The date a doctor/qualified medical professional diagnoses an insured with paralysis due to one of the underlying diseases as specified in this plan, where such diagnosis is based on clinical and/or laboratory findings as supported by the insured's medical records.
- Severe Burn: The date the burn takes place.
- Non-Invasive Cancer: The day tissue specimens, blood samples, or titer(s) are taken (diagnosis of cancer and/or non-invasive cancer is based on such specimens).
- Skin Cancer: The date the skin biopsy samples are taken for microscopic examination.
- Stroke: The date the stroke occurs (based on documented neurological deficits and neuroimaging studies).
- Sudden Cardiac Arrest: The date the

pumping action of the heart fails (based on the sudden cardiac arrest definition).

Dependent means your spouse or your dependent child. Spouse is your legal wife or husband, who is listed on your application. The term "Spouse" also includes a person who is in a legally recognized domestic partnership with you (as defined in California Family Code Section 297), a partner of a civil union, or similar relationship. Dependent children are your or your spouse's natural children, step-children (including existing children of new domestic partners), legally adopted children, or children placed for adoption, who are younger than age 26. Newborn children are automatically covered from the moment of birth.

There is an exception to the age-26 limit listed above. This limit will not apply to any dependent child who is incapable of self-sustaining employment due to mental or physical handicap and is dependent on a parent for support. The employee or the employee's spouse must furnish proof of this incapacity and dependency to the company within 31 days following the dependent child's 26th birthday.

Diagnosis (Diagnosed) refers to the definitive and certain identification of an illness or disease that:

- Is made by a doctor/qualified medical professional and
- Is based on clinical or laboratory investigations, as supported by your medical records.

Doctor/Qualified Medical Professional is a person who is duly qualified as a practitioner of the healing arts acting within the scope of his license, and: Is licensed to practice medicine; prescribe and administer drugs; or to perform surgery, or

- Is a duly qualified medical practitioner according to the laws and regulations in the state in which treatment is made.

A doctor/qualified medical professional does not include you or any of your family members.

For the purposes of this definition, family member includes your spouse as well as the following members of your immediate family:

- Son
- Daughter
- Mother
- Father
- Sister
- Brother

This includes step-family members and family-members-in-law.

Employee is a person who meets eligibility requirements and who is covered under the plan. The employee is the primary insured under the plan.

Heart Attack (Myocardial Infarction) is the death of a portion of the heart muscle (myocardium) caused by a blockage of one or more coronary arteries due to coronary artery disease or acute coronary syndrome.

Heart Attack (Myocardial Infarction) does not include:

- Any other disease or injury involving the cardiovascular system by a heart attack (myocardial infarction).
- Sudden cardiac arrest not caused

Diagnosis of a Heart Attack (Myocardial Infarction) must include the following:

- New and serial electrocardiographic (ECG) findings consistent with heart attack (myocardial infarction), and generally accepted laboratory levels of normal. (In the case of creatine phosphokinase (CPK) a CPK-MB measurement must be used.)
- Elevation of cardiac enzymes above measurement must be used.)

Confirmatory imaging studies, such as thallium scans, MUGA scans, or stress

echocardiograms may also be used.

Kidney Failure (End-Stage Renal Failure) means end-stage renal failure caused by end-stage renal disease, which results in the chronic, irreversible failure of both kidneys to function.

Kidney Failure (End-Stage Renal Failure) is covered only under the following conditions:

- A doctor/qualified medical professional advises that regular renal dialysis, hemo-dialysis, or peritoneal dialysis (at least weekly) is necessary to treat the kidney failure (end-stage renal failure); or
- The kidney failure (end-stage renal failure) results in kidney transplantation.

Severe Burn or Severely Burned means a burn resulting from fire, heat, caustics, electricity, or radiation. The burn must:

- Be a full-thickness or third-degree burn, as determined by a doctor/qualified medical professional. A Full-Thickness Burn or Third-Degree Burn is the destruction of the skin through the entire thickness or depth of the dermis (or possibly into underlying tissues). This results in loss of fluid and sometimes shock.
- Cause cosmetic disfigurement to the body's surface area of at least 35 square inches.
- Be caused solely by or be solely attributed to a covered accident.

Limited Benefit Coma means a state of continuous, profound unconsciousness, lasting at least seven consecutive days, and characterized by the absence of:

- Spontaneous eye movements,
- Response to painful stimuli, and
- Vocalization.

Limited Benefit Coma does not include a medically-induced coma.

To be payable as an Accident benefit, the limited benefit coma must be caused by a covered accident.

To be considered a critical illness, the limited benefit coma must be caused by one of the following diseases:

- Brain Aneurysm
- Diabetes
- Encephalitis
- Epilepsy
- Hyperglycemia
- Hypoglycemia
- Meningitis

Limited Benefit Paralysis or Paralyzed means the permanent, total, and irreversible loss of muscle function to the whole of at least two limbs. To be payable as an Accident benefit, the paralysis must be caused by a covered accident. To be considered a critical illness, paralysis must be caused by one or more of the following diseases:

- Amyotrophic lateral sclerosis
- Cerebral palsy
- Parkinson's disease,
- Poliomyelitis

The diagnosis of paralysis must be supported by neurological evidence.

Limited Benefit Loss of Sight means the total and irreversible loss of all sight in both eyes. To be payable as an Accident benefit, loss of sight must be caused by a covered accident. To be considered a critical illness, loss of sight must be caused by one of the following diseases:

- Retinal disease
- Optic nerve disease
- Hypoxia

Limited Benefit Loss of Speech means the total and permanent loss of the ability to speak. To be payable as an Accident benefit, loss of speech must be caused by a covered accident. To be considered a critical illness, loss of speech must be caused by to one of the following diseases:

- Alzheimer's disease
- Arteriovenous malformation

Limited Benefit Loss of Hearing means the total and irreversible loss of hearing in both ears. Loss of hearing does not include hearing loss that can be corrected by the use of a hearing aid or device. To be payable as an Accident benefit, loss of hearing must be caused by a covered accident.

To be considered a critical illness, loss of hearing must be caused by one of the following diseases:

- Alport syndrome
- Autoimmune inner ear disease
- Chicken pox
- Diabetes
- Goldenhar syndrome
- Meniere's disease
- Meningitis
- Mumps

Maintenance Drug Therapy is a course of systemic medication given to a patient after a cancer goes into complete remission because of primary treatment.

Maintenance Drug Therapy includes ongoing hormonal therapy, immunotherapy, or chemo-prevention therapy. Maintenance Drug Therapy is meant to decrease the risk of cancer recurrence; it is not meant to treat a cancer that is still present.

Limited Benefit Major Organ Transplant means undergoing surgery as a recipient of a covered transplant of a human heart, lung, liver, kidney, or pancreas. A transplant must be caused by one or more of the following diseases:

- Bronchiectasis
- Cardiomyopathy
- Cirrhosis
- Chronic obstructive pulmonary disease
- Congenital Heart Disease
- Coronary Artery Disease
- Cystic fibrosis
- Hepatitis
- Interstitial lung disease
- Lymphangioleiomyomatosis.
- Polycystic liver disease
- Pulmonary fibrosis
- Pulmonary hypertension
- Sarcoidosis
- Valvular heart disease

A Limited Benefit Major Organ Transplant benefit is not payable if the major organ transplant results from a covered critical illness for which a benefit has been paid.

Stroke means apoplexy due to rupture or acute occlusion of a cerebral artery. The apoplexy must cause complete or partial loss of function involving the motion or sensation of a part of the body and must last more than 24 hours. Stroke must be either:

- Ischemic: Due to advanced arteriosclerosis or arteriosclerosis of the arteries of the neck or brain, or vascular embolism, or
- Hemorrhagic: Due to uncontrolled hypertension, malignant hypertension, brain aneurysm, or arteriovenous malformation.

The stroke must be positively diagnosed by a doctor/qualified medical professional based upon documented neurological deficits and confirmatory neuroimaging studies.

Stroke does not include:

- Non-permanent, brief episodes of neurological dysfunction – such



as transient ischemic attack (TIA)  
– caused by focal brain or retinal ischemia and including symptoms typically lasting less than one hour, and without evidence of acute infarction

- Head injury

Stroke will be covered only if the Insured submits evidence of the neurological damage by providing:

- Computed Axial Tomography (CAT scan) images, or
- Magnetic Resonance Imaging (MRI).

Sudden Cardiac Arrest is the sudden, unexpected loss of heart function in which the heart, abruptly and without warning, stops working as a result of an internal electrical system heart malfunction due to coronary artery disease, cardiomyopathy, or hypertension.

Sudden Cardiac Arrest is not a heart attack (myocardial infarction). A sudden cardiac arrest benefit is not payable if the sudden cardiac arrest is caused by or contributed to by a heart attack (myocardial infarction).

Total Disability or Totally Disabled means you are:

- Not working at any job for pay or benefits,
- Under the care of a doctor/qualified medical professional for the treatment of a covered critical illness, and
- Unable to Work, which means either:
  - During the first 365 days of total disability, you are unable to work at the occupation you were performing when your total disability began; or
  - After the first 365 days of total disability, you are unable to work at any gainful occupation for which you are suited by education, training, or experience.

Treatment or Medical Treatment is the consultation, care, or services provided by a doctor/qualified medical professional. This includes receiving any diagnostic measures and taking prescribed drugs and medicines.

Treatment-Free from Cancer refers to the period of time in which you are not taking prescribed drugs and medicines for the treatment of cancer, or undergoing definitive therapy for cancer. "Treatment" does not include maintenance drug therapy or routine follow-up visits to verify whether cancer or carcinoma in situ has returned.

## OPTIONAL BENEFITS RIDER

Date of Diagnosis is defined as follows:

- Advanced Alzheimer's Disease: The date a Doctor/Qualified Medical Professional diagnoses the insured as incapacitated due to Alzheimer's disease.
- Advanced Parkinson's Disease: The date a Doctor/Qualified Medical Professional diagnoses the insured as incapacitated due to Parkinson's disease.
- Limited Benefit Benign Brain Tumor: The date a Doctor/Qualified Medical Professional determines a benign brain tumor is present based on examination of tissue (biopsy or surgical excision) or specific neuroradiological examination.

Optional Benefit is one of the illnesses defined below and shown in the rider schedule:

Advanced Alzheimer's Disease means Alzheimer's disease, a progressive

degenerative disease of the brain, which has been diagnosed by a doctor/qualified medical professional as having progressed to a stage which causes the insured to be incapacitated. To be incapacitated due to Alzheimer's disease, a doctor/qualified medical professional must determine that the insured exhibits a loss of intellectual capacity resulting in an impairment of memory and judgment, as well as a significant reduction in mental and social functioning, to the extent that the Insured requires permanent daily personal supervision. Diagnosis of Advanced Alzheimer's Disease requires proof, made in writing, by a psychiatrist, neurologist, neuropsychologist, or other qualified medical professional of the following:

- Formal neuropsychological testing performed by a neuropsychologist confirming dementia;
- Completed laboratory tests which rule out causes other than Alzheimer's disease; and
- Magnetic resonance imaging, computerized tomography or other imaging techniques which rule out causes other than Alzheimer's disease.

Advanced Parkinson's disease means Parkinson's disease which has been diagnosed by a doctor/qualified medical professional as having progressed to classification of Stage 4 or greater and which causes the insured to be incapacitated. Diagnosis of Advanced Parkinson's Disease must be made by a neurologist or other qualified medical professional based upon abnormal results from a neurological examination, cognitive testing, and imaging studies. To be incapacitated due to Parkinson's disease, the insured must exhibit permanent clinical impairment of at least two of the following manifestations:

- Muscle rigidity
- Tremor
- Bradykinesia (abnormal slowness of movement, sluggishness of physical and mental responses).

Limited Benefit Benign Brain Tumor is a mass or growth of abnormal, noncancerous cells in the brain. The tumor is composed of similar cells that do not follow normal cell division and growth patterns and develop into a mass of cells that microscopically do not have the characteristic appearance of a cancer. Benign brain tumor must be caused by multiple endocrine neoplasia, neurofibromatosis, or Von Hippel-Lindau syndrome.

Multiple Endocrine Neoplasia is a genetic disease in which one or more of the endocrine glands are overactive or form a tumor.

Neurofibromatosis is a genetic disease in which the nerve tissue grows tumors that may be benign and may cause serious damage by compressing nerves and other tissue.

Von Hippel-Lindau Syndrome is a genetic disease that predisposes a person to have benign or malignant tumors.

## PROGRESSIVE DISEASES RIDER

Date of Diagnosis is defined for each specified critical illness as follows:

- Amyotrophic Lateral Sclerosis (ALS or Lou Gehrig's Disease): The date a doctor/qualified medical professional diagnoses an Insured as having ALS and where such diagnosis is supported by medical records.
- Sustained Multiple Sclerosis: The date a doctor/qualified medical professional diagnoses an Insured as having multiple sclerosis and where such diagnosis is supported by medical records.

Amyotrophic Lateral Sclerosis (ALS or Lou Gehrig's Disease) means a chronic, progressive motor neuron disease occurring when nerve cells in the brain and spinal cord that control voluntary movement degenerate, causing muscle weakness and atrophy, eventually leading to paralysis.

Sustained Multiple Sclerosis means a chronic degenerative disease of the central nervous system in which gradual destruction of myelin occurs in the brain or spinal cord or both, interfering with the nerve pathways. Sustained Multiple Sclerosis results in one of the following symptoms for at least 90 consecutive days:

- Muscular weakness,
- Loss of coordination,
- Speech disturbances, or
- Visual disturbances.

#### **CHILDHOOD CONDITIONS RIDER**

Date of Diagnosis is defined as follows:

- **Autism Spectrum Disorder:** The date a doctor diagnoses a dependent child as having Autism Spectrum Disorder and where such diagnosis is supported by medical records.
- **Cystic Fibrosis:** The date a Doctor Diagnoses a Dependent Child as having Cystic Fibrosis and where such Diagnosis is supported by medical records.
- **Cerebral Palsy:** The date a Doctor Diagnoses a Dependent Child as having Cerebral Palsy and where such Diagnosis is supported by medical records.
- **Cleft Lip or Cleft Palate:** The date a Doctor Diagnoses a Dependent Child as having Cleft Lip or Cleft Palate and where such Diagnosis is supported by medical records.
- **Down Syndrome:** The date a Doctor Diagnoses a Dependent Child as having Down Syndrome and where such Diagnosis is supported by medical records.
- **Phenylalanine Hydroxylase Deficiency Disease (PKU):** The date a Doctor Diagnoses a Dependent Child as having PKU and where such Diagnosis is supported by medical records.
- **Spina Bifida:** The date a Doctor Diagnoses a Dependent Child as having Spina Bifida and where such Diagnosis is supported by medical records.
- **Type I Diabetes:** The date a Doctor Diagnoses a Dependent Child as having Type I Diabetes and where such Diagnosis is supported by medical records.

Cystic Fibrosis is a hereditary chronic disease of the exocrine glands. This disease is characterized by the production of viscid mucus that obstructs the pancreatic ducts and bronchi, leading to infection and fibrosis.

Cerebral Palsy is a disorder of movement, muscle tone, or posture that is caused by injury or abnormal development in the immature brain. Cerebral Palsy can be characterized by stiffness and movement difficulties, involuntary and uncontrolled movements, or disturbed sensation.

- **Spastic Cerebral Palsy** is characterized by stiffness and movement difficulties.
- **Athetoid Cerebral Palsy** is characterized by involuntary and uncontrolled movements.
- **Ataxic Cerebral Palsy** is characterized by a disturbed sense of balance and depth perception.

Cleft Lip occurs when there is an opening (one or two vertical fissures) in the lip. A Cleft Palate occurs when the two sides of a palate do not join, resulting in an opening in the roof of the mouth or soft tissue in the back of the mouth. Sometimes, an opening in the bones of the upper jaw or upper gum accompanies a Cleft Palate.

A Cleft Lip or Palate can occur on one or both sides of the face. If a Dependent Child has both a Cleft Lip and Cleft Palate or has one on each side of the face, we will pay this benefit only once.

Down Syndrome is a chromosomal condition characterized by the presence of an extra copy of genetic material on the 21st chromosome, either in whole or part. Phenylalanine Hydroxylase Deficiency Disease (PKU) is an autosomal recessive metabolic genetic disorder characterized by homozygous or compound heterozygous mutations in the gene for the hepatic enzyme phenylalanine hydroxylase (PAH), rendering it nonfunctional. A Doctor must Diagnose this disease based on a PKU test.

Spina Bifida refers to any birth defect involving incomplete closure of the spinal canal or spine. This includes:

- **Spina Bifida Cystica**, which is a condition where a cyst protrudes through the defect in the vertebral arch.
- **Spina Bifida Occulta**, which is a condition where the bones of the spine do not close, but the spinal cord and meninges remain in place. Skin usually covers the defect.
- **Meningocele**, which is a condition where the tissue covering the spinal cord sticks out of the spinal defect, but the spinal cord remains in place.
- **Myelomeningocele**, which is a condition where the un-fused portion of the spinal column allows the spinal cord to protrude through an opening. The meningeal membranes that cover the spinal cord form a sac enclosing the spinal elements.

Type I Diabetes means a form of diabetes mellitus causing total insulin deficiency of a Dependent Child along with continuous dependence on exogenous insulin in order to maintain life. A Doctor must Diagnose Type I Diabetes based on one of the following diagnostic tests:

- Glycated hemoglobin (A1C) test
- Random blood sugar test
- Fasting blood sugar test

A doctor must diagnose Autism Spectrum Disorder based on DSM-V diagnostic criteria.

#### **SPECIFIED DISEASE RIDER**

Date of Diagnosis is defined for each specified disease as follows:

- **Adrenal Hypofunction (Addison's Disease):** The date a Doctor/Qualified Medical Professional diagnoses an insured as having adrenal hypofunction and where such diagnosis is supported by medical records.
- **Cerebrospinal Meningitis:** The date a Doctor/Qualified Medical Professional diagnoses an insured as having cerebrospinal meningitis and where such diagnosis is supported by medical records.
- **Diphtheria:** The date a Doctor/Qualified Medical Professional diagnoses an insured as having diphtheria based on clinical and/or laboratory findings as supported by medical records.
- **Huntington's Chorea:** The date a Doctor/Qualified Medical Professional diagnoses an insured as having Huntington's chorea based on clinical findings as supported by medical records.
- **Legionnaire's Disease:** The date a Doctor/Qualified Medical Professional diagnoses an insured as having legionnaire's disease by finding legionella bacteria in a clinical specimen taken from the insured.
- **Malaria:** The date a Doctor/Qualified Medical Professional diagnoses an insured as having malaria and where such diagnosis is supported by medical records.
- **Muscular Dystrophy:** The date a Doctor/Qualified Medical Professional diagnoses an insured as having muscular dystrophy and where such diagnosis is supported by medical records.
- **Myasthenia Gravis:** The date a Doctor/Qualified Medical Professional diagnoses an insured as having myasthenia gravis and where such diagnosis is supported by medical records.
- **Necrotizing Fasciitis:** The date a Doctor/Qualified Medical Professional diagnoses an insured as having necrotizing fasciitis and where such diagnosis is supported by medical records.
- **Osteomyelitis:** The date a Doctor/Qualified Medical Professional diagnoses an insured as having osteomyelitis and where such diagnosis is supported by medical records.
- **Poliomyelitis:** The date a Doctor/Qualified Medical Professional diagnoses an insured as having poliomyelitis and where such diagnosis is supported by medical records.
- **Rabies:** The date a Doctor/Qualified Medical Professional diagnoses an insured as having rabies and where such diagnosis is supported by medical records.

- Sickle Cell Anemia: The date a Doctor/Qualified Medical Professional diagnoses an insured as having sickle cell anemia and where such diagnosis is supported by medical records.
- Systemic Lupus: The date a Doctor/Qualified Medical Professional diagnoses an insured as having systemic lupus and where such diagnosis is supported by medical records.
- Systemic Sclerosis (Scleroderma): The date a Doctor/Qualified Medical Professional diagnoses an insured as having systemic sclerosis and where such diagnosis is supported by medical records.
- Tetanus: The date a Doctor/Qualified Medical Professional diagnoses an insured as having tetanus by finding clostridium tetani bacteria in a clinical specimen taken from the insured.
- Tuberculosis: The date a Doctor/Qualified Medical Professional diagnoses an insured as having tuberculosis by finding mycobacterium tuberculosis bacteria in a clinical specimen taken from the insured.

Adrenal Hypofunction (Addison's Disease) means a disease occurring when the body's adrenal glands do not produce sufficient steroid hormones. Adrenal hypofunction does not include secondary and tertiary adrenal insufficiency.

Cerebrospinal Meningitis means a disease resulting in the inflammation of the meninges of both the brain and spinal cord caused by infection from viruses, bacteria, or other microorganisms or from cancer.

Diphtheria means an infectious disease caused by the bacterium corynebacterium diphtheriae and characterized by the production of a systemic toxin and the formation of a false membrane lining of the mucous membrane of the throat and other respiratory passages, causing difficulty in breathing, high fever, and/or weakness. Diphtheria can be diagnosed either through laboratory tests that confirm diphtheria through a culture obtained from the infected area or through clinical observation of visible symptoms.

Huntington's Chorea means a hereditary disease characterized by gradual loss of brain function and voluntary movement due to degenerative changes in the cerebral cortex and basal ganglia.

Legionnaire's Disease means an infectious lung disease caused by species of the aerobic bacteria belonging to the genus legionella.

Malaria means an infectious disease characterized by cycles of chills, fever, and sweating, caused by the bite of an anopheles mosquito infected with a protozoan of the genus plasmodium.

Muscular Dystrophy means a genetic disease that causes progressive weakness and degeneration in the musculoskeletal system and where such muscles are replaced by scar tissue and fat. Muscular dystrophy is characterized by progressive skeletal muscle weakness, defects in muscle proteins, and the death of muscle cells and tissues.

Myasthenia Gravis means a disease characterized by progressive weakness and exhaustibility of voluntary muscles without atrophy or sensory disturbance and caused by an autoimmune attack on acetylcholine receptors at the neuromuscular junction.

Necrotizing Fasciitis means a severe soft tissue infection by bacteria that is marked by edema and necrosis of subcutaneous tissues with involvement of adjacent fascia and by painful red swollen skin over the affected areas.

Osteomyelitis means an infectious inflammatory disease of the bone that typically results from a bacterial infection and may result in the death of bone tissue.

Poliomyelitis (Polio) means an acute infectious disease caused by the poliovirus and characterized by fever, motor paralysis, and atrophy of skeletal muscles. It often results in permanent disability and deformity, and marked by inflammation of nerve cells in the anterior gray matter in each lateral half of the spinal cord.

Rabies means an acute viral disease of the nervous system caused by a rhabdovirus, which is usually transmitted through the bite of a rabid animal. It is typically characterized by increased salivation, abnormal behavior, and eventual paralysis.

Sickle Cell Anemia means a hereditary disease caused by a genetic blood disorder. It is characterized by red blood cells that assume an abnormal, rigid, sickle shape due to a mutation on the hemoglobin gene.

Systemic Lupus means an autoimmune disease where the body's immune system attacks healthy tissue, leading to long-term inflammation. This disease is primarily characterized by joint pain and swelling.

Systemic Sclerosis (Scleroderma) means a progressive autoimmune disease characterized by the hardening and tightening of the skin and connective tissues.

Tetanus means a disease marked by rigidity and spasms of the voluntary muscles, caused by the bacterium clostridium tetani.

Tuberculosis means an infectious disease caused by mycobacterium tuberculosis bacteria. It is characterized by the growth of nodules in the bodily tissues, as well as by fever

#### **YOU MAY CONTINUE YOUR COVERAGE**

Your coverage may be continued with certain stipulations. See certificate for details.

#### **TERMINATION OF COVERAGE**

Your insurance may terminate when the plan is terminated; the 31st day after the premium due date if the premium has not been paid; or the date you no longer belong to an eligible class. If your coverage terminates, we will provide benefits for valid claims that arose while your coverage was in force. See certificate for details.

## **NOTICES**

If this coverage will replace any existing individual policy, please be aware that it may be in your best interest to maintain your individual guaranteed-renewable policy.

**Notice to Consumer: The coverages provided by Continental American Insurance Company (CAIC) represent supplemental benefits only. They do not constitute comprehensive health insurance coverage and do not satisfy the requirement of minimum essential coverage under the Affordable Care Act. CAIC coverage is not intended to replace or be issued in lieu of major medical coverage. It is designed to supplement a major medical program.**

### **California Department of Insurance Contact Information**

Please contact the California Department of Insurance if you have an issue that cannot be solved with Continental American Life Insurance Company.

California Department of Insurance  
Consumer Communications Bureau  
300 South Spring Street, South Tower  
Los Angeles, CA 90013

Consumer Hotline  
1-800-927-Help (4357)  
or  
1-213-897-8921  
TDD Number  
1- 800-482-4TDD (4833)

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This brochure is a brief description of coverage and is not a contract. Read your certificate carefully for exact terms and conditions. You're welcome to request a full copy of the plan certificate through your employer or by reaching out to our Customer Service Center.

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