Long-term Care (LTC) rider

This information does not apply to the Nationwide YourLife CareMatters product.

Underwriting long-term care coverage differs greatly from general life insurance underwriting and is only available to U.S. citizens and permanent residents (green card holders) who reside in the U.S. and plan to become citizens of the U.S. without prolonged periods of time outside the U.S. This does not include those who hold a temporary permanent resident card issued for fewer than 10 years. Underwriting decisions are based on the medical conditions indicated. If a proposed insured has multiple medical conditions (termed co-morbids), the long-term care risk may be compounded, and that risk may be rated or be unacceptable. The quality of recovery from an impairment, proper control and level of stability are weighed heavily when determining these risks. The Long-term Care rider is available only on life policies rated Table E or better, and Underwriting reserves the right to ask for additional information at any time.

The Long-term Care rider may be known by different names in different states and may not be available in every state. Please check the product specifications for the details of the availability of this rider.

The long-term care underwriting process

At the time of the original life policy application

- 1. Submit a long-term care supplemental application along with the life application.
- 2. Medical requirements for the rider are identical to those listed for the life policy (based upon age and amount).
- 3. If we need more medical information to evaluate your case, we'll let you know what we need.
- 4. We conduct routine follow-ups and notify you of any status change.

After the life policy is in force

- 1. Submit a supplemental application (available through our website) along with the policy adjustment application.
- 2. Submit any needed authorizations to obtain medical records.
- 3. For applicants age 51 and over, we'll require a current paramedical exam and urine specimen if the policy adjustment application and supplemental application are dated six months after the date of the life application or the date of the exam for the life policy. For applicants age 50 and below, we reserve the right to obtain additional medical requirements based on the medical history.
- 4. Nationwide reserves the right to assess a \$200 processing fee for the application.

For applicants ages 71 and over

- 1. Must have been examined by a physician within the last two years prior to the application date.
- 2. Or, must have a complete physical examination, including lab values, at their own expense.
- 3. After the exam, must send us the application, and we'll request the medical records.

Factors that are unique to long-term care underwriting

Cognitive impairment	A deficiency in short- or long-term memory; person, place and time orientation; deductive or abstract reasoning; or safety awareness judgment (other factors include nervous or mental disorders of organic origin, including Alzheimer's or senile dementia, determined by clinical diagnosis or tests)
Functional capacity	The ability to perform activities of daily living (ADLs): • Bathing • Dressing • Control of bowel/bladder (continence) • Using the toilet • Transferring out of bed/chair • Eating • Ambulating/mobility (inside and outside)
Mobility	Osteoporosis, falls and fractures
Multiple medications	The use of multiple medications can cause adverse drug reactions, interactions and prescribing cascade, and may decrease quality of life, mobility and cognition
Frailty	Relatively minor accidents and illnesses may cause serious disabilities
Co-morbids	More significance is attached to multiple medical problems than to each individual problem (e.g., overweight and diabetes are co-morbids of heart disease)
Chronological vs. physiological age	The applicant may seem much younger or older than his or her actual age
Favorable factors in maintaining personal independence	 Working, either full or part time A spouse in good health Participating in hobbies and outside activities The current ability to drive The ability to travel and visit independently Exercising several times a week Family member or friend living in the same household

Automatic uninsurability situations for the Long-term Care rider

Some situations will automatically lead us to declare a customer uninsurable for the Long-term Care rider. They include, but are not limited to:

Deficits in activities of daily living (ADLs) — for either physical or cognitive reasons, the individual requires help from another person to perform any one of the following ADLs:	 Bathing Dressing Control of bowel/bladder (continence) Using the toilet Transferring out of bed/chair Eating Ambulating/mobility (inside and outside) 	
Deficits in instrumental activities of daily living (IADLs) — for either physical or cognitive reasons, the individual requires help from another person to perform any one of the following IADLs:	For either physical or cognitive reasons, the individual requires help from another person to perform any one of the following IADLs: • Using the telephone • Managing finances • Handling transportation • Shopping • Laundry • Housework • Taking all medications • Preparing meals/cooking	
Currently using any type of long-term care services:	Assisted livingHome health careNursing careAdult day care	
Currently receiving any of these payment types:	Long-term disabilitySocial Security disabilityMedicaid benefits	
Currently granting power of attorney to another individual:	Power of attorney (POA) is currently in effect (being used)	
Currently using durable medical equipment (DME):	 Walker Hospital bed Stair or chair lift Wheelchair Hoyer lift Ventilator/respirator/oxygen/adaptive servo ventilation (ASV) equipment (does not include CPAP — continuous positive airway pressure) Four-pronged (quad) cane Motorized cart 	

Uninsurable conditions for the Long-term Care rider

The following uninsurable conditions have a high risk of future health deterioration leading to deficits in activities of daily living (ADLs). Please note that this list is not all-inclusive.

Acquired immune deficiency

syndrome (AIDS)

Acromegaly

Acute transverse myelitis AIDS-related complex (ARC)

Alzheimer's disease

 ${\bf Amputations-multiple\ limbs\ or}$

due to disease

Amyotrophic lateral sclerosis (ALS)/

Lou Gehrig's disease Ankylosing spondylitis

Arteritis Ascites

Ataxia (unstable gait)

Atrophy (brain)

Autonomic insufficiency Autonomic neuropathy

Berger's disease

Balance disorder
Bowel incontinence

Chronic organic brain disease

Chronic pain

Cirrhosis of the liver Cognitive impairment Congestive heart failure

Connective tissue disease

Cor pulmonale CREST syndrome Cystic fibrosis Decubitus ulcers Defibrillator

Dementia

Demyelinating disease Dermatomyositis

Dialysis

Down's syndrome

Drug trial/study participant

Esophageal varices Fall, unexplained

Frailty

Giant cell arteritis
Heart attack — multiple

Heart transplant Hemiplegia

HIV-positive status Hunter's syndrome

Huntington's disease/chorea

Hydrocephalus

Ileitis

Incontinence

Intellectual disability

Kidney failure or transplant

Liver transplant

Leukemia — acute lymphocytic and

acute/chronic myelogenous

Lou Gehrig's disease

Lymphoma - non-Hodgkin's

Mental retardation

Mixed connective tissue disease

Mobility impairment with ADL or

IADL limitations
Multiple myeloma
Multiple sclerosis
Muscular dystrophy
Myasthenia gravis
Myelofibrosis
Nebulizer use
Nephrosclerosis
Nephrotic syndrome
Neurofibromatosis
Neurogenic arthropathy
Neurogenic bladder

Organic brain syndrome

Oxygen use

Paraparesis

Paraplegia

Parkinson's disease Peripheral neuropathy Physical Therapy (current)

Polyarteritis nodosa

Progressive muscular atrophy

Psychosis

Pulmonary hypertension

Quadriplegia

Reflex sympathetic dystrophy

syndrome (RSDS)

Renal disease — end stage

Rheumatoid arthritis Schizophrenia

Scleroderma
Senility — all forms
Sickle cell anemia
Spinal cord atrophy

Spinal cord injury/myelitis Spinal muscle atrophy Surgery — pending

Systemic lupus erythematosus (SLE)

Systemic sclerosis Thalassemia major

Uremia

Varices — esophageal Vasculitis — all forms

Von Recklinghausen's disease Von Willebrand disease

Walker use

Wegener's granulomatosis Wernicke-Korsakoff syndrome

Wheelchair confined Whipple's disease

Uninsurable medications for Long-term Care rider

If a client is taking any of the below medications, it will likely disqualify them from the Long Term Care rider, as it may reveal an underlying condition that is not insurable. Please note that this list is not all-inclusive.

Medication	Condition
Abilify	Mental disorder
Acthar	Multiple sclerosis
Adriamycin	Cancer
Agrylin	Blood disorder
Akineton	Parkinson's disease
Alkeran	Cancer
Antabuse	Alcohol abuse
Apokyn	Parkinson's disease
Aptivus	AIDS
Arava	Rheumatological disorder
Aricept	Dementia/Alzheimer's
Arimidex	Cancer
Artane	Parkinson's disease
Atgam	Immune disorder
Avonex	Multiple sclerosis
Azilect	Parkinson's disease
AZT	AIDS
Baraclude	Hepatitis
Betaferon	Multiple sclerosis
Betaseron	Multiple sclerosis
BiCNU	Cancer
Blenoxane	Cancer
Busulfex (bisulfan)	Cancer
Campral	Alcohol abuse
Carbex	Parkinson's disease
Casodex	Prostate cancer
CeeNU	Cancer
Cellcept	Immune disorder
Cerefolin	Dementia/Alzheimer's
Cerubidine	Cancer
Clozapine	Mental disorder
Clozaril	Mental disorder
Cogentin	Parkinson's disease
Cognex	Dementia/Alzheimer's
Comtan	Parkinson's disease
Copaxone	Multiple sclerosis
Copegus	Hepatitis
Cortef (hydrocortisone)	Steroid
Cuprimine (D-penicillamine)	Rheumatological disorder
Cytosar	Cancer

Medication	Condition
Cytoxan	Cancer
Dantrium	Multiple sclerosis
Decadron	Steroid
Deltasone (prednisone)	Steroid
Demerol	Pain
Dilaudid (hydromorphone)	Pain
Dolophine (methadone)	Pain
Dopar	Pain
Dostinex	Parkinson's disease
Doxil	Cancer
DTIC	Cancer
Duragesic (fentanyl)	Pain
Eldepryl	Parkinson's disease
Eligard	Prostate cancer
Emcyt	Cancer
Enbrel	Rheumatological disorder
Equetro	Mental disorder
Eskalith (lithium)	Mental disorder
Eulexin (flutamide)	Prostate cancer
Exelon	Dementia/Alzheimer's
Faslodex	Cancer
Fazaclo	Mental disorder
Foscavir	AIDS
Gengraf	Immune disorder
Geodon	Mental disorder
Gerimal	Dementia/Alzheimer's
Gleevec	Cancer
Gold therapy	Rheumatological disorder
Haldol	Mental disorder
Hepsera	Hepatitis
Herceptin	Cancer
Humira	Rheumatological disorder
Hydergine (ergoloid)	Dementia/Alzheimer's
Hydrea	Blood disorder
Ifex	Cancer
Imuran (azathioprine)	Rheumatological disorder
Incivek (telaprevir)	Hepatitis
Infergen	Hepatitis
Interferon	Hepatitis
Intron	Cancer

Uninsurable medications for Long-term Care rider (continued)

Medication	Condition
Kemadrin	Parkinson's disease
Kineret	Rheumatological disorder
Larodopa	Parkinson's disease
Leukeran	Cancer
Leukine	Cancer
Lioresal (baclofen)	Multiple sclerosis
Loxitane	Mental disorder
Lupron	Prostate cancer
Lysodren	Cancer
Matulane	Cancer
Medrol	Steroid
Megace	AIDS
Mellaril	Mental disorder
Mestinon	Immune disorder
Methotrexate	Rheumatological disorder
Mirapex	Parkinson's disease
Moban	Mental disorder
Moditen	Mental disorder
MS Contin (morphine)	Pain
Mutamycin (mitomycin)	Cancer
Myfortic	Immune disorder
Myleran	Cancer
Mytelase	Immune disorder
Namenda	Dementia/Alzheimer's
Navane	Mental disorder
Neoral (cyclosporine)	Rheumatological disorder
Neupro	Parkinson's disease
Nilandrone	Prostate cancer
Niloric	Dementia/Alzheimer's
Nipent	Cancer
Novantrone	Multiple sclerosis
Orencia	Rheumatological disorder
Orthoclone	Immune disorder
Oxycontin (oxycodone)	Pain
Parcopa (levadopa)	Parkinson's disease
Parlodel	Parkinson's disease
Pegasus	Hepatitis
Pegatron	Hepatitis
Percocet	Pain
Percodan	Pain

Medication	Condition
Permitil	Mental disorder
Plaquenil	Rheumatological disorder
Platinol	Cancer
Plenaxis	Prostate cancer
Prograf	Immune disorder
Proleukin	Cancer
Prolixin (fluphenazine)	Mental disorder
Prostigmin	Immune disorder
Purinethol	Cancer
Razadyne	Dementia/Alzheimer's
Rebetron	Hepatitis
Rebif	Multiple sclerosis
Regonol	Immune disorder
Remicade	Rheumatological disorder
Reminyl	Dementia/Alzheimer's
Requip	Parkinson's disease
Revia (naltrexone)	Mental disorder
Ribapak	Alcohol abuse
Ribasphere	Hepatitis
Ribatab	Hepatitis
Ribavirin	Hepatitis
Risperdal	Hepatitis
Rituxan	Rheumatological disorder
Roferon	Hepatitis
Rubex	Cancer
Sandimmune	Immune disorder
Serentil	Mental disorder
Seroquel	Mental disorder
Simulect	Immune disorder
Sinemet (carbidopa)	Parkinson's disease
Stalevo	Parkinson's disease
Stelazine	Mental disorder
Symadine	Parkinson's disease
Symmetrel	Parkinson's disease
Taractan	Mental disorder
Tarceva	Cancer
Tasmar	Parkinson's disease
Thioplex	Cancer
Thioridazine	Mental disorder
Thymoglobulin	Immune disorder

Uninsurable medications for Long-term Care rider (continued)

Medication	Condition
Timespan	Immune disorder
Toposar (etoposide)	Cancer
Trelstar	Prostate cancer
Trihexane	Parkinson's disease
Trilafon (perphenazine)	Mental disorder
Tysabri	Multiple sclerosis
Tyzeka	Hepatitis
Vantas	Prostate cancer
Velban	Cancer
VePesid	Cancer
Vesprin	Mental disorder
Viadur	Prostate cancer

Medication	Condition
Vicodin (hydrocodone)	Pain
Videx	AIDS
Vitrelis (boceprevir)	Hepatitis
Wellcovorin	Cancer
Wellferon	Hepatitis
Xeloda	Cancer
Zanosar	Cancer
Zelapar	Parkinson's disease
Zenapax	Immune disorder
Zoladex	Prostate cancer
Zyprexa	Mental disorder

The chart below contains the same medications listed on the previous pages. For the sake of convenience, they are categorized here by medical condition.

AIDS	Cancer (cont.)	Dementia/Alzheimer's	Hepatitis (cont.)
Aptivus	Emcyt	Aricept	Tyzeka
AZT	Faslodex	Cerefolin	Vitrelis (boceprevir)
Foscavir	Gleevec	Cognex	Wellferon
Megace	Herceptin	Exelon	Immune disorder
Videx	Ifex	Gerimal	Atgam
Alcohol abuse	Intron	Hydergine (ergoloid)	Cellcept
Antabuse	Leukeran	Namenda	Gengraf
Campral	Leukine	Niloric	Mestinon
Revia (naltrexone)	Lysodren	Razadyne	Myfortic
Blood disorder	Matulane	Reminyl	Mytelase
Agrylin	Mutamycin (mitomycin)	Hepatitis	Orthoclone
Hydrea	Myleran	Baraclude	Prograf
Cancer	Nipent	Copegus	Prostigmin
Adriamycin	Platinol	Hepsera	Regonol
Alkeran	Proleukin	Incivek (telaprevir)	Sandimmune
Arimidex	Purinethol	Infergen	Simulect
BiCNU	Rubex	Interferon	Thymoglobulin
Blenoxane	Tarceva	Pegasus	Timespan
Busulfex (bisulfan)	Thioplex	Pegatron	Zenapax
CeeNU	Toposar (etoposide)	Rebetron	
Cerubidine	Velban	Ribapak	
Cytosar	VePesid	Ribasphere	
Cytoxan	Wellcovorin	Ribatab	
Doxil	Xeloda	Ribavirin	
DTIC	Zanosar	Roferon	

Medication list by category (continued).

Mental disorder	Multiple sclerosis	Parkinson's disease	Rheumatological disorder
Abilify	Acthar	Akineton	Arava
Clozapine	Avonex	Apokyn	Cuprimine (D-penicillamine)
Clozaril	Betaferon	Artane	Enbrel
Equetro	Betaseron	Azilect	Gold therapy
Eskalith (lithium)	Copaxone	Carbex	Humira
Fazaclo	Dantrium	Cogentin	Imuran (azathioprine)
Geodon	Lioresal (baclofen)	Comtan	Kineret
Haldol	Novantrone	Dostinex	Methotrexate
Loxitane	Rebif	Eldepryl	Neoral (cyclosporine)
Mellaril	Tysabri	Kemadrin	Orencia
Moban	Pain	Larodopa	Plaquenil
Moditen	Demerol	Mirapex	Remicade
Navane	Dilaudid (hydromorphone)	Neupro	Rituxan
Permitil	Dolophine (methadone)	Parcopa (levadopa)	Steriod
Prolixin (fluphenazine)	Dopar	Parlodel	Cortef (hydrocortisone)
Risperdal	Duragesic (fentanyl)	Requip	Decadron
Serentil	MS Contin (morphine)	Sinemet (carbidopa)	Deltasone (prednisone)
Seroquel	Oxycontin (oxycodone)	Stalevo	Medrol
Stelazine	Percocet	Symadine	
Taractan	Percodan	Symmetrel	
Thioridazine	Vicodin (hydrocodone)	Tasmar	
Trilafon (perphenazine)		Trihexane	
Vesprin		Zelapar	
Zyprexa			

LTC rider height and weight guide (for men and women)

An applicant with functional or physical impairment complicated by being overweight or underweight is considered a high risk for the LTC rider. Because of that, applicants falling above or below the height and weight guide may be considered at higher rates or may be uninsurable if they have other co-morbid impairments.

Height	Minimum weight	Maximum weight
4' 8"	75	171
4′ 9″	77	177
4′ 10″	80	184
4′ 11″	83	190
5′ 0″	85	197
5′ 1″	88	203
5′ 2″	91	210
5′ 3″	94	217

Height	Minimum weight	Maximum weight
5′ 4″	97	224
5′ 5″	100	231
5′ 6″	103	238
5′ 7″	106	245
5′ 8″	110	253
5′ 9″	113	260
5′ 10″	116	268
5′ 11″	120	276

Height	Minimum weight	Maximum weight
6′ 0″	123	283
6′ 1″	126	291
6′ 2″	130	299
6′ 3″	133	308
6' 4"	137	316
6′ 5″	140	324
6′ 6″	144	333

Impairments frequently encountered

The following guide will help you determine our potential underwriting decision for the Long-term Care rider based on some common impairments:

Arthritis			
Asymptomatic, treatment free, no ADL or IADL limitations	Standard		
History of physical therapy or occupational therapy or compression fracture	Individual consideration		
History of joint replacement	Not insurable		
Symptomatic, multiple intra-articular injections, severe or chronic treatment	Not insurable		
Arthritis (rheumatoid, osteoarthritis, psoriatic)			
Completely asymptomatic, normal range of motion, in remission for 12 months	Individual consideration		
Treatment with history of joint replacement, severe joint deformity	Not insurable		
Juvenile rheumatoid arthritis	Not insurable		
Back Disorders			
Back/Cervical/Lumbar Strain/Sprain, fully recovered for 6 months, no treatment	Standard		
Degenerative Disc Disease, controlled without injections or narcotics	Individual consideration		
Herniated Disc or Laminectomy, single surgery (without hardware) 12 month fully recovered	Individual consideration		
Spondylolisthesis, Spondylitis, Spondylosis or Fractures	Individual consideration		
Any of the above with ongoing treatment or symptomatic	Not insurable		
BMI (low)			
BMI 18.4 - 16.6	Individual consideration		
BMI 16.5 or less	Not insurable		
Cancer — with full pathology report(s)			
Breast, uterine or ovarian — after 60 months, no recurrence, no metastases	Individual consideration		
Bladder, cervical, colon, testicle or thyroid — after 36 months, no recurrence, no metastases	Individual consideration		
Colon, liver, lung — after 60 months, no recurrence, no metastases	Individual consideration		
Pancreas, esophagus, lymphoma — after 60 months	Individual consideration		
Melanoma — length of time since surgery	Individual consideration		
Melanoma in situ (definite diagnosis with full pathology)	Standard		
Metastatic (spread from original site)	Not insurable		
Recurrent cancer (same organ or site)	Not insurable		
Skin cancer (basal cell or squamous)	Standard		
Prostate with prostatectomy	Individual consideration		
Depression			
Situational, no medical treatment, minimal six month recovery, no ADL or IADL limitations	Standard		
Chronic, stable with minimal six months of successful medical treatment, no ADL or IADL limitations	Individual consideration		

Democion (cont.)	
Depression (cont.)	
History of hospitalization for psychiatric care, minimum of two years under control	Individual consideration
Suicide attempt	Not insurable
Uncontrolled	Not insurable
Depression (manic disorder)	
Mild — controlled, no attacks in last three years, not confined to home, no functional impairment, no hospitalization or suicide attempts in last five years	Individual consideration
Moderate to severe	Not insurable
Diabetes	
Newly discovered — after six months	Individual consideration
Type 2/non-insulin dependent — well controlled for at least six months	Individual consideration
Type 1/insulin dependent	Not insurable
History of nephropathy, neuropathy, blindness, amputation or neuropathic ulcers	Not insurable
Uncontrolled or with co-morbid conditions (atrial fibrillation, cardiomyopathy, ischemic heart disease, peripheral vascular disease, stroke or transient ischemic attack)	Not insurable
Fibromyalgia (chronic fatigue syndrome)	
In remission for minimum 12 months, completely symptom free without treatment	Individual consideration
Symptomatic, clinical depression or ADL or IADL limitations, steroids or narcotics	Not insurable
Heart attack (myocardial infarction)	
Single heart attack after minimal 12-month recovery, stable, no ADL or IADL limitations	Individual consideration
Multiple heart attacks	Not insurable
Hepatitis	
Acute hepatitis A	Standard
Hepatitis B/C resolved	Individual consideration
Current or chronic hepatitis B/C/D/E	Not insurable
Hip/Joint Disorders	
Hip/Joint replacement due to trauma	Individual consideration
Hip/Joint replacement, multiple or due to a chronic disorder	Not insurable
Hypertension (high blood pressure)	
Well controlled for at least six months	Individual consideration
Untreated, poorly controlled or newly discovered	Not insurable
Osteoporosis	
Mild to moderate, minimal 24 months of stable bone density tests, no history of fractures, no ADL or IADL limitations	Individual consideration
Severe, history of fractures, abnormal bone density tests (T-score -2.5 or greater)	Not insurable