

Get to know 10 common disability terms.

As you learn more about protecting your income, you may come across some language you're not familiar with. This guide can help explain those terms and others, so you can make well-informed decisions.



Individual Disability Income insurance (also known as income protection)

Think of it like a back-up plan to help protect your income. You'll receive a set amount each month if you're too sick or hurt to work.



Definition of disability | The guidelines used by the insurance company to determine if you're disabled and eligible to receive money from your disability policy.



Elimination period | Often called a "waiting period," it's the number of days you'll wait before receiving monthly payments¹.



Benefit period | This is how long you receive money from your disability policy while you're not able to work.



Benefit payment | The money you receive each month, "like a paycheck," to help replace your lost income when you're unable to work.



Insured | The person who's protected by the insurance policy. In most cases, this is you.



Rider | A feature you can add to your policy to enhance benefits.



Premium | It's what you pay each month for coverage while you're healthy and working.



Underwriting | Guidelines the insurance company follows to see if you qualify for income protection, how much you can buy, and what it'll cost.



Claim | This is the process of communicating your disability with the insurance company. Most commonly this requires paperwork from both you and your physician.

¹ You begin receiving benefit payments one month after you satisfy the elimination period.



Let's connect

Contact your financial professional.



principal.com

The subject matter in this communication is educational only and provided with the understanding that Principal® is not rendering legal, accounting, investment or tax advice. You should consult with appropriate counsel, financial professionals, and other advisors on all matters pertaining to legal, tax, investment or accounting obligations and requirements.

Insurance products issued by Principal Life Insurance Company®, a member of the Principal Financial Group®, Des Moines, IA 50392.

Disability insurance has limitations and exclusions. For costs and coverage details, contact your local Principal Life representative.

Not FDIC or NCUA insured
May lose value • Not a deposit • No bank or credit union guarantee Not insured by any Federal government agency

Principal®, Principal Financial Group®, and Principal and the logomark design are registered trademarks of Principal Financial Services, Inc., a Principal Financial Group company, in the United States and are trademarks and service marks of Principal Financial Services, Inc., in various countries around the world.

03/2023 | 2762862-032023 | © 2023 Principal Financial Services, Inc.