



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 and other terms, so you can make well-informed decisions.





 **Income protection** | It's better known as disability insurance. 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.

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If you have questions as you explore protecting your income, contact your financial professional or go to [principal.com](https://www.principal.com).

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



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