

Do you have a **plan b** if the unexpected happens?

Recent research has shown that 77% of people are worried or very worried about the rising cost of living¹. Imagine trying to keep on top of these rising expenses if you were unexpectedly unable to work and earn an income.



You can become more resilient by having a plan in place to withstand unexpected future life events which could have a significant impact on your finances, such as being too ill or injured to work.

Questions to ask yourself...

- If I was unable to work because of an illness or injury, would I still earn as much as I do now?
- If I get sick pay from my employer, how much and how long would I get paid for?
- Do I have enough savings to support myself and my family if I couldn't work and get paid?
- How long could I rely on credit cards to pay my bills, and do I want to run the risk of building up debt?
- Is there anyone else I can rely on to support me for an extended period?
- Would state benefits (£334.91 per month if you're single and aged 25+ or £525.72 per month if you're a couple and one of you are aged 25+ ²) be enough to support my lifestyle and would I even be eligible to get them?
- If I have a Critical Illness policy, could I claim on it for my illness or injury?

Plan B

Make Income Protection your plan b

Income Protection provides a safety net if you can't work due to illness or injury. It helps to cover monthly outgoings, acting as a source of support, allowing you to maintain your standard of living for the length of time you select.

How does it work?

If you're unable to work due to an illness or injury, Income Protection pays you a proportion of your regular income. For example, if back pain stops you working, if an accident puts you in hospital, if you need time off for mental health reasons, or you're diagnosed with cancer and need time for treatment, Income Protection can help support you until you can work again. It gives you peace of mind that if something bad happens, there's financial support in place to make life a little less stressful.

Why British Friendly?

- ✓ We offer a range of inclusive cover options to help tailor your policy to your needs and budget
- ✓ We're specialists in providing cover for people who are harder to insure such as manual workers, key workers, the self-employed or people who may find it difficult to prove a regular income
- ✓ Our inclusive and flexible offering also means we can provide cover for other professional occupations as well
- ✓ We've paid, on average, 95% of all our claims over the last 16 years so you can trust you're in safe hands with us
- ✓ We provide access to everyday health, wellbeing and rewards for you and your family through our discretionary Mutual Benefits programme at no extra cost (**find out more at members. britishfriendly.com/mutual-benefits/**)
- ✓ We provide access to additional financial support for you and your family during life changing events through our discretionary BF Care programme at no extra cost (**find out more at members. britishfriendly.com/bf-care/**)

Speak to your financial adviser today to get yourself a plan b for tomorrow.

¹ <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/worriesabouttherisingcostsoflivinggreatbritain/apriltomay2022>

² <https://www.gov.uk/universal-credit/what-youll-get>