

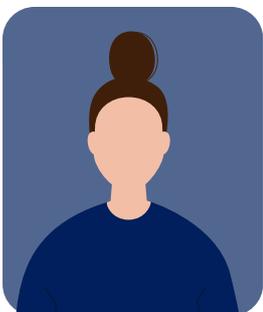
# Breathing Space – Flexibility to protect what matters

Have you found yourself in any of these situations?

- Self-employed
- Have a fluctuating income
- Work irregular hours
- Gig economy workers
- Work on a zero-hours contract
- Recently moved from self-employed to employed
- Previously employed and recently self-employed
- Have been furloughed

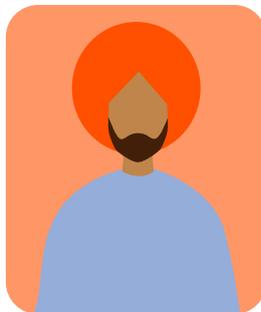


Here's some examples of how Income Protection can help.  
Click on the characters below to read their story.



**Carol**  
Self-employed hairdresser

[click here](#)



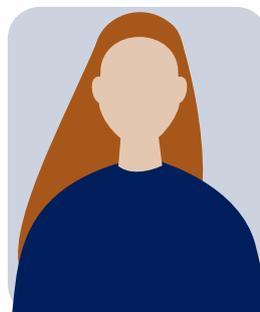
**Gurdeep**  
Nurse

[click here](#)



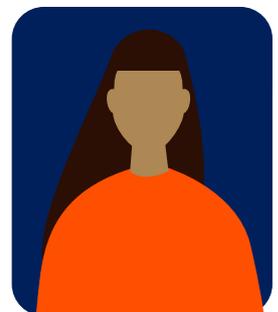
**Jake**  
Carpenter and Deliveroo driver

[click here](#)



**Carly**  
Former flight attendant and newly self-employed baker

[click here](#)



**Amina**  
Office Administrator

[click here](#)

## What is Breathing Space?

Breathing Space is an Income Protection policy (essentially your own personal sick pay) which you can claim if illness or injury ever stops you working so you can continue to pay for all the things that matter to you. Traditional Income Protection policies are usually linked to your income and require financial evidence during the application process and when you make a claim. However, our Breathing Space product is different because it is not linked to your income and only requires evidence that you were earning prior to making a claim. This means Breathing Space is perfect for people with fluctuating incomes or those who struggle to prove their earnings. Plus, your benefit payments aren't linked to any mortgage or rent payments which means you can use the money for anything.

Breathing Space is also more than just Income Protection offering free access to benefits you can use every day whether you're claiming or not including physiotherapy, counselling, virtual GP appointments, Health MOTs, entry into monthly prize draws and more.



## Do I really need Income Protection?

Think about all the things you spend your money on...

### Essentials

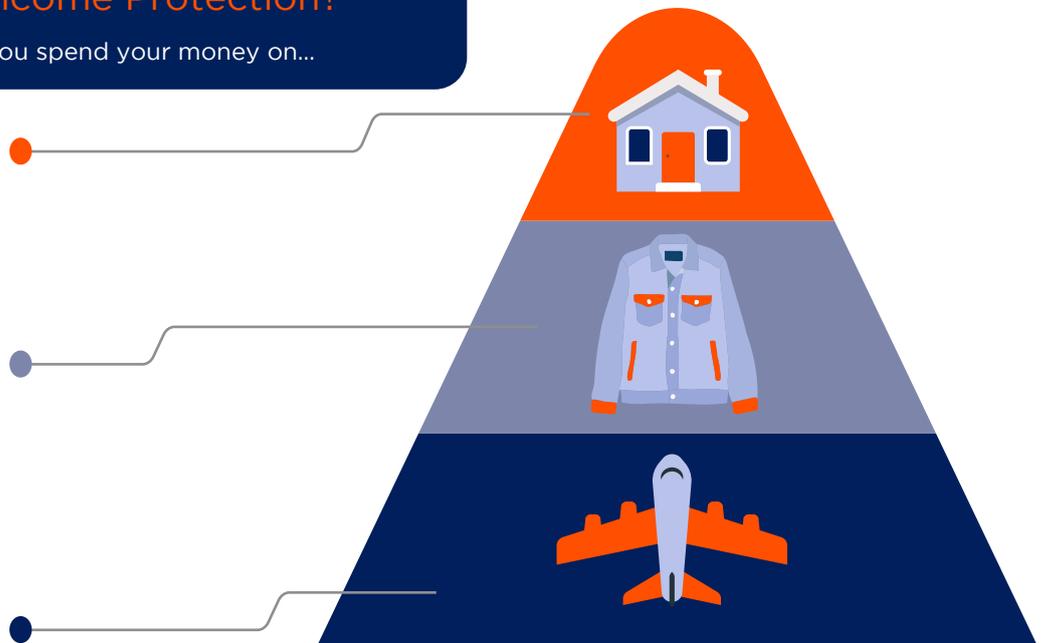
Food, drink, bills, rent or mortgage, transport like your car or van

### Nice to haves

New clothes, things to make your house or flat more comfortable, maybe even your Netflix subscription

### Luxuries

Things that make life a bit more special like a meal out with your loved ones, a holiday or a sunny trip to the beach



Have you ever considered how you would pay for all the things that matter if you had no income or savings for a month? 3 months? 6 months or more?

**Would £411.51 per month in state benefits be enough to cover these costs, if you're even eligible for them?**<sup>1</sup>

## Do I need Income Protection if I have Life Insurance or Critical Illness?

All protection insurance is important to have in place but only Income Protection helps cover your regular income if you are unable to work due to illnesses and injury.

For example, Life Insurance would only pay out a lump sum if you were to die during the term of your policy and the reality is that you're more likely to get sick or injured during your working life.

Additionally, Critical Illness would only pay out a lump sum for a limited number of serious illnesses specified on your policy which may help with the cost of treatments or making certain adjustments to your lifestyle, but doesn't provide ongoing support if your illness or disability left you unable to return to work.

So, with Income Protection you cover yourself for the most likely event that could happen - being unable to work due to any illness or injury.<sup>2</sup>

For example, at British Friendly our most common claim reason is musculoskeletal (to do with bones or muscles). If a broken leg kept you off work for instance, only Income Protection would be able to soften the financial blow.

Income Protection also covers you with a regular weekly or monthly benefit, potentially supporting you financially for longer than a standalone lump sum could and ensures you can continue to afford all your Life Insurance or Critical Illness policies too.

## How do I arrange Income Protection?

Income Protection cover is arranged through your Financial Adviser who will help recommend the best option for you and arrange setting up your policy.

So are you ready to protect what matters? Speak to your Financial Adviser about Income Protection today.

<sup>1</sup> Based on the Standard Universal Credit allowance for a single person over 25 with no children.  
<sup>2</sup> LV Risk Reality Calculator - 2/03/21



**BRITISH FRIENDLY**

It feels good to be covered