

NATIONWIDE LIFE AND ANNUITY INSURANCE COMPANY



Nationwide CareMatters TogetherSM

Some things in life are just better together

ICC22-FLM-1481AO

• Not a deposit • Not FDIC or NCUSIF insured • Not guaranteed by the institution
• Not insured by any federal government agency • May lose value

Design your future together

The two of you have done a lot together. You've built a life that you love all while standing side-by-side. Now Nationwide CareMatters TogetherSM helps you plan for the future you want the same way.

It's a shared pool of long-term care (LTC) coverage for two people that's linked to a universal life insurance policy. That means that a benefit is paid whether you need LTC or not. And Nationwide[®] places no restrictions on how benefits are used, giving both of you the flexibility to receive care wherever you feel most at home.

Why long-term care planning matters

It's a way to look out for each other

Having a plan is a simple way to help ensure that your partner is protected — whether as a caregiver or a care recipient.

People are living longer

The longer we live, the more likely it is that we'll need some form of long-term care.¹

It's an important part of retirement planning

Having a plan for addressing these potential costs can help:

- Protect your retirement assets and income
- Protect the physical and emotional health of the caregiving spouse with funds to help pay for care
- Protect the lifestyle of surviving family members
- Protect your legacy



A 55-year-old couple today has a

50/50

chance of one of them
living to age 93.²

¹ "What Is the Lifetime Risk of Needing and Receiving Long-Term Services and Supports?" Richard W. Johnson, Urban Institute, U.S. Department of Health and Human Services (April 3, 2019).

² A male and female couple in average health who retire at age 65. "Actuaries Longevity Illustrator," American Academy of Actuaries and Society of Actuaries, longevityillustrator.org (2021).



Long-term care basics

Mention long-term care, and many people immediately think of a nursing home. In reality, the majority of care takes place in the home.³ So thinking about long-term care as an event to plan for, not just a place, can help you have more options in the future.

What it is

Long-term care includes a variety of services that can help if you lose the ability to independently perform at least two activities of daily living (ADLs) for at least 90 days or have severe cognitive impairment.⁴

Where it can take place

Planning now can give you more freedom in the future to get care where you prefer, such as in your own home, an assisted living facility, adult day care, a nursing home or alternative care services.

What makes it different

The health plans you depend on for other medical concerns often aren't sufficient to cover LTC costs.

Coverage	What LTC costs it covers
Health insurance	Doesn't cover any long-term care expenses
Medicare	May cover a portion of long-term care expenses, but only up to 100 days Requires a three-consecutive-day stay in a hospital under treatment, as well as other qualifiers
Medicaid	Covers long-term expenses for individuals with countable assets of \$2,000 or less (varies by state) Care may be limited to a nursing home You might not be able to choose where you receive care

³ "Where can you receive care?" LongTermCare.gov, acl.gov/ltc/basic-needs/where-can-you-receive-care (February 18, 2020).

⁴ Activities of daily living are bathing, continence, dressing, eating, toileting and transferring.

Why Nationwide CareMatters TogetherSM

Nationwide CareMatters Together is long-term care protection linked to life insurance (called a linked-benefit policy). It's a simple way for you to plan now for potential LTC needs so you have more control over your care options later on.

There's one pool of money for both people being insured that can be used in any combination of benefit payments.

When you purchase the policy, you choose 48, 72 or 96 full monthly long-term care benefit payments that make up this pool of money for either or both of you to use.

The pool of benefits you have chosen can be used entirely by one person or shared between the two of you in any combination.

More simplicity

The shared pool of funds helps to eliminate the guesswork of who is more likely to need care and when. And you won't need to submit monthly bills and receipts in order to receive your benefits.

More predictability

You'll always know what your premium and benefits will be because both are guaranteed. If neither of you ever need long-term care, the guaranteed death benefit will pass to your loved ones income tax free.⁵

More control

The full monthly benefit is sent directly to the policyowner with no restrictions from Nationwide on how it's used. The LTC cash benefit can be used for more traditional care services or for informal care from friends or family members, as well as for other expenses that can help you remain in the home you love longer.

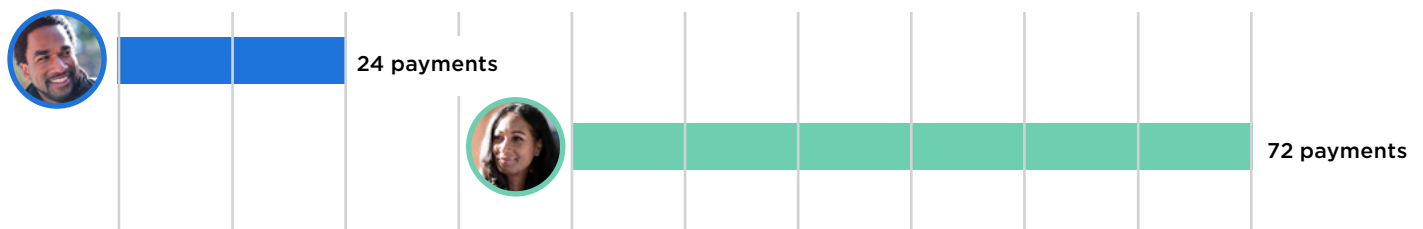
⁵ Benefits are tax free up to the greater of the HIPAA daily limit in year of claim or the actual qualifying long-term care cost incurred. Benefits may be taxable under certain circumstances. Consult your tax advisor.

More simplicity

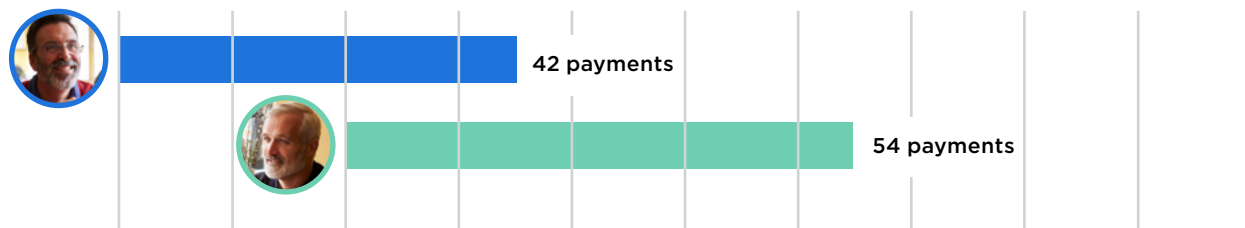
How it works⁶

Let's assume three different couples purchase Nationwide CareMatters Together policies with a maximum number of full monthly LTC benefit payments totaling 96. The following are examples of a few of the many ways their LTC benefits could be paid.

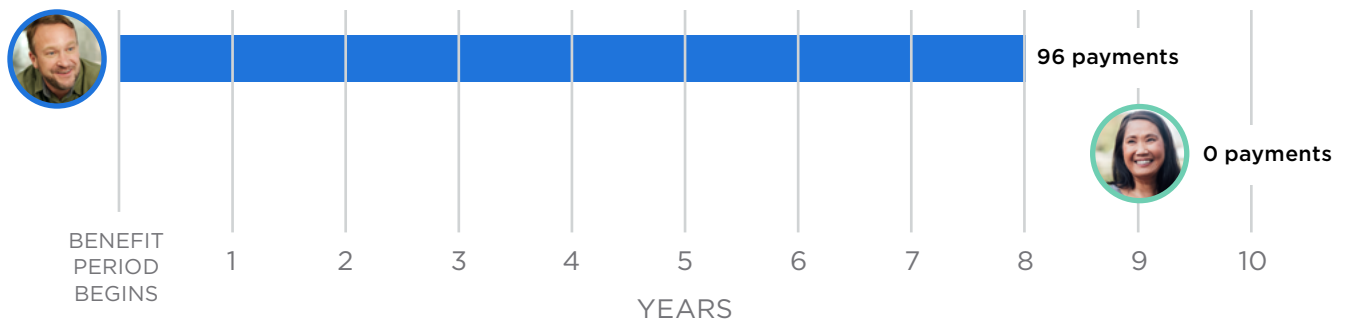
Scenario 1: Monroe uses 24 full monthly LTC benefit payments and Dolores uses the remaining coverage later.



Scenario 2: Steven uses 42 full monthly LTC benefit payments and Michael uses 54 full monthly LTC benefit payments during an overlapping time period.



Scenario 3: John uses all 96 full monthly LTC benefit payments, meaning that no LTC benefit payments remain for Lori.



⁶ These are hypothetical scenarios. They assume the insureds continue to be eligible for the long-term care benefit payment until they've used the entire benefit pool.

More predictability

Helping you prepare for the future with confidence

CareMatters Together provides guarantees⁷ that help protect you and your loved ones from potential LTC expenses so you can feel more secure about your future. These guarantees help provide you more predictability no matter what direction your life takes.



Guaranteed premium

Your premiums will always remain the same. Period.

Guaranteed long-term care benefit: The policy guarantees a monthly LTC benefit amount that can be paid for either or both of you⁸

Guaranteed death benefit: There is a death benefit paid whether or not you take long-term care benefits. Even if you exhaust the LTC benefit, a guaranteed minimum death benefit will still be paid.⁸

Guaranteed accumulated long-term care benefit: If you're unable to continue your premium payments, the portion of the LTC benefit you've already paid for is locked in.^{8,9}

⁷ All guarantees and benefits of the insurance policy are backed by the claims-paying ability of the issuing insurance company. Policy guarantees and benefits are not backed by the broker/dealer and/or insurance agency selling the policy, nor by any of their affiliates, and none of them make any representations or guarantees regarding the claims-paying ability of the issuing insurance company.

⁸ The benefit may be reduced by outstanding loans, unpaid monthly deductions and partial surrenders.

⁹ The monthly LTC benefit payment must be at least \$250 to lock in the reduced paid-up benefit.



More control

Take charge of your future

Some LTC policies require monthly bills and receipts to be submitted for specific long-term care services and then reimburse the policyowner for the bills that qualify, but only up to the benefit limit.

In contrast, CareMatters Together is a cash indemnity policy, meaning there's no need to go through a monthly process of submitting bills and receipts. Instead, once the claim is approved and the 90-day elimination period has been satisfied, the full available monthly LTC benefit can be accessed.

How they compare

Cash indemnity policy	Reimbursement policy
No need to submit monthly bills or receipts once your claim is approved	Bills and receipts must be submitted every month
100% of the monthly LTC cash benefit is available	Every month, you must wait to see what services qualify, and you'll receive only what the insurance company covers under the policy, up to your benefit limits
The tax-free monthly cash benefit can be used for LTC care expenses without restrictions from the insurance company ¹⁰	Services not covered under your policy have to be paid out of pocket

A cash indemnity policy can help pay for the care or services that are right for your needs.¹¹ These include the traditional options discussed earlier, informal care from friends or family members,¹² alternative care services or even options that are developed in the future.

¹⁰ Benefits are tax free up to the greater of the HIPAA daily limit in year of claim or the actual qualifying long-term care cost incurred.

¹¹ Benefits may be taxable under certain circumstances. Consult your tax advisor.

¹² The plan of care prepared by a U.S.-licensed health care practitioner should state that informal care is appropriate.





Nationwide is on your side every step of the way

If you eventually need LTC, we offer personalized support in filing your claim and finding the care that's appropriate for you. Your care coordinator will assist with the claim process, including helping you with the following:



Understanding how the process works to get your benefit



Filing the claim for benefits



Creating a plan of care that is appropriate for you



Finding local care services — such as home health care services, the right facility for your needs, adult day care, community services and more



Providing ongoing support as your needs change

Product highlights

Benefit type	Cash indemnity LTC benefit. Nationwide places no restrictions on how benefits are used.
How CareMatters Together benefits are paid	LTC benefit Long-term care benefits can be paid for each insured who is eligible for an LTC claim, up to the available maximum monthly LTC benefit per insured, until the available total LTC benefit has been exhausted. Note: One insured can use up the entire benefit. Death benefit An income tax-free death benefit is paid at the death of the second insured (second to die).
Maximum number of full monthly LTC benefit payments	You choose: 48 payments, or 72 payments, or 96 payments The available lifetime maximum LTC benefit amount is the maximum monthly LTC benefit dollar amount paid over the maximum number of full monthly LTC benefit payments you select at issue. Once all LTC benefits have been paid, no further LTC benefits will be available. However, the guaranteed minimum death benefit will be paid to beneficiaries upon the death of the second insured.¹³
Premium payment options	• Pay one time (single-pay) • Pay annually or monthly for 5 years (5-pay) • Pay annually or monthly for 10 years (10-pay) • Pay annually or monthly for 20 years (20-pay) • Pay annually or monthly to older insured's attained age 100
Waiver of premium	Life and LTC premiums will be waived while LTC benefits are being paid.
Potential tax advantages	LTC premium portion may be eligible for a tax deduction or reimbursement from a Health Savings Account (HSA), subject to applicable requirements and age-based limitations. The life insurance portion of your premium is not tax deductible or HSA eligible. Long-term care benefits are generally tax free. ¹⁴
Guaranteed minimum death benefit	If all LTC benefits are exhausted, the policy will not lapse, and a guaranteed minimum death benefit equaling 10% of the policy's specified amount will be paid upon the death of the second insured. The benefit will be reduced by outstanding loans, unpaid monthly deductions and partial surrenders.
LTC inflation options	LTC benefits will grow based upon the inflation option selected. • None • 3% compound for 20 years from the issue date of the policy • 3% compound for life • 5% compound for life If elected, the monthly benefit amount will increase whether or not claims are being paid.
International benefits	International benefits are available; however, they are limited to 36 full monthly LTC payments.¹⁵ Additional payments will resume if the insured returns to the U.S. and the available total LTC benefit amount has not been exhausted.
Minimum monthly LTC benefit at issue	\$1,500 Vermont: \$2,325 Wisconsin: \$1,860
Qualification for benefits	To qualify for benefits, the insured(s) must be certified by a U.S.-licensed health care practitioner to have a severe cognitive impairment or not be able to perform two of six activities of daily living (bathing, continence, dressing, eating, toileting or transferring) for a period of at least 90 days within a two-year period. The 90-calendar-day elimination period must be met. The LTC claim must be recertified at least every 12 months.
Elimination (waiting) period	90 calendar days for the insured going on claim. Each insured will have their own elimination period. Upon meeting the elimination period, it is satisfied for life of the policy in the event you have more than one LTC claim. Upon completion, benefits for the first 90 days will be paid retroactively along with benefits for month 4.

¹³ The lifetime maximum of LTC benefits and any death benefit will decrease if you choose to make changes to your policy, such as taking loans or partial surrenders from the policy or not paying scheduled premiums.

¹⁴ Benefits are tax free up to the greater of the HIPAA daily limit in year of claim or the actual qualifying long-term care cost incurred. Benefits may be taxable under certain circumstances. Consult your tax advisor.

¹⁵ Some policies may be limited to 48 full monthly LTC benefit payments based on underwriting classification.

Strength of Nationwide

We work hard to help you protect what matters today and prepare you for what comes tomorrow. In fact, we've been helping members protect what's important since 1926 and **providing long-term care solutions for nearly 25 years**. We run our business to make sure we'll be here to protect you whenever you need us.

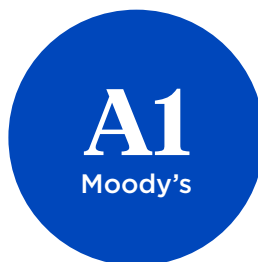
Nearly
100
years as a
mutual company
Nationwide Mutual Insurance Co.

Helping members protect
what's important since
1926

Offering
LTC solutions
since 1999



received: 10/17/02
affirmed: 12/17/20¹⁵



received: 3/10/09
affirmed: 5/27/20¹⁵



received: 12/22/08
affirmed: 5/7/21¹⁵

FORTUNE
100 Best
Workplaces for
Diversity¹⁶

We are a
FORTUNE 100
company¹⁷

FORTUNE
100 Best
Companies to
Work For¹⁸

¹⁵ These ratings and rankings reflect rating agency assessment of the financial strength and claims-paying ability of Nationwide Life Insurance Company and Nationwide Life and Annuity Insurance Company. They are not intended to reflect the investment experience or financial strength of any variable account, which is subject to market risk. Because the dates are updated only when there's a change in the rating, the dates above reflect the most recent ratings we have received. They are subject to change at any time.

¹⁶ "The 100 Best Workplaces for Diversity," fortune.com/best-workplaces-for-diversity/2019/search/ (2019).

¹⁷ Based on revenue, Fortune magazine (May 2021).

¹⁸ "100 Best Companies to Work For," fortune.com/best-companies/2021/search/ (2021).



Next steps

Talk with your financial professional today to find out how Nationwide CareMatters Together can help the two of you pay for the care you need, from whom you want, in your own home or wherever you're most comfortable.



Nationwide®
is on your side

The financial professional or company may contact you in response to your request for additional information.

The information contained herein was prepared to support the promotion, marketing and/or sale of life insurance contracts, annuity contracts and/or other products and services provided by Nationwide Life and Annuity Insurance Company.

All guarantees and benefits of the insurance policy are backed by the claims-paying ability of the issuing insurance company. Policy guarantees and benefits are not backed by the broker/dealer and/or insurance agency selling the policy, nor by any of their affiliates, and none of them make any representations or guarantees regarding the claims-paying ability of the issuing insurance company.

Nationwide CareMatters Together is a cash indemnity product that pays LTC benefits when one or both of the insured persons are certified to have a qualifying condition and a need for LTC services. Bills and receipts showing actual expenses do not have to be submitted for payment of benefits once a claim has been approved. Each year, the policyowner can receive, tax free, the greater of the HIPAA per diem amount or actual LTC costs incurred. However, benefits may be taxable under certain circumstances. You should consult with your tax and legal advisors about your specific situation.

Keep in mind that the payment of Long-Term Care Rider benefits, as an acceleration of the death benefit, will reduce both the death benefit and net surrender value of the policy. Additionally, loans and withdrawals will also reduce both the net surrender value and the death benefit. Care should be taken to make sure that life insurance needs continue to be met even if the rider pays out in full or after money is taken from the policy. There is no guarantee that the rider will cover the entire cost for all of the insureds' long-term care, as this may vary with the needs of each insured. One of the insureds may exhaust the entire long-term care benefit. Nationwide pays the long-term care benefit to the policyowner; there is no guarantee the policyowner will use the benefit for long-term care expenses if the policy is owned by someone other than the insured.

The policy this rider is attached to is noncancelable. This means that the policyowner has the right, subject to the terms of your policy, to continue the policy, provided they pay the scheduled premium on time. Nationwide cannot change any of the terms of the policy on its own and cannot change the scheduled premium.

When choosing a product, make sure that life insurance and long-term care insurance needs are met. CareMatters Together is not intended to be a primary source of life insurance protection, so make sure life insurance needs have been covered by appropriate products. Because personal situations may change (e.g., marriage, birth of a child or job promotion), so can life insurance and long-term care insurance needs. Care should be taken to ensure these strategies and products are suitable. Associated costs, as well as personal and financial objectives, time horizons and risk tolerance, should all be weighed before purchasing CareMatters Together. Life insurance, and long-term care coverage linked to life insurance, may have fees and charges associated with it that include the costs of insurance, which vary based on characteristics of each insured such as sex, tobacco use, health and age, and additional charges for riders that customize a policy to fit individual needs.

CareMatters Together has exclusions, limitations, reductions of benefits and terms under which the product may be continued in force or discontinued. For more details on cost and coverage options, contact your financial professional.

Approval for coverage under the policy and riders is subject to underwriting and may require a medical exam.

Nationwide CareMatters Together may not be available in every state. Please contact Nationwide to determine product availability in your state.

Products are issued by Nationwide Life and Annuity Insurance Company, Columbus, Ohio.

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