

# Protect what matters most

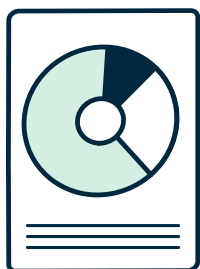
## Budget planner

Having financial protection doesn't reduce the odds of something happening to you – but it can make life a lot easier if it does. Use our budget planner to make a note of your monthly income and outgoings, and see how these stack up. Could you and your family survive on just state benefits?

Outgoings	Monthly cost (£)	Outgoings	Monthly cost (£)
Mortgage or rent		Laundry / cleaning	
Council tax		Clothes	
Utility bills – gas		Child costs (including nursery, education, after school care etc)	
Utility bills – electricity			
Utility bills – water		Haircut / beauty / toiletries	
Supermarket shop (food, drink etc)		Sports / gym / leisure memberships	
Phone(s) and internet		Holidays	
TV (licence, satellite, cable)		Takeaways / restaurants	
Car (loan, insurance, tax, fuel, MOT, services)		Days out / lunches / coffees	
Other travel (train, cabs and buses)		Going out (pubs, clubs, cinema)	
Insurance (home, travel, life, pet etc)		Gifts (birthdays, weddings)	
Pension		Entertainment goods (newspapers, magazines, music, films)	
Savings			
Credit cards / loan repayment		Other	
Total monthly outgoings (£)			
Total monthly income (£) Earnings / salary			

## How would you survive on £561\* a month state benefits?

\*This is the maximum monthly amount you'd get for Employment and Support Allowance for a single person aged over 25 in the support group. Please turn over for more information.



# What would you be entitled to if you were unable to work?

**Employment and Support Allowance**

**To apply for ESA:**

- You have to undergo a comprehensive assessment process to evaluate your entitlement

**While this happens:**

- You would receive the equivalent of £12.11 a day.
- You will be encouraged and supported to move off ESA and back to work as soon as possible.
- You could have your ESA benefit reduced or withdrawn altogether if you don't agree to regular reassessments

	Weekly amount	Equivalent monthly amount* (compare this to your total outgoings)
Employer Statutory Sick Pay (Up to 28 weeks)	£109.40	£474.07
State Employment & Support Allowance (ESA) <sup>1</sup>	£129.50	£561.17

**The figures above are correct as at April 2023 and don't take into account any temporary or short-term changes to state benefits.**

1 Based on a single person aged over 25 in the support group.  
\*we've calculated the equivalent monthly amount by multiplying by 52 and then dividing by 12.

If the worst happened to you, would state benefits really be enough for you and your family to survive on? Your employer might still pay you, but how long would that last?

Income Protection insurance could offer peace of mind and security. It allows you to insure some of your earnings or salary, and put simply, works when you can't.

The insurance will pay you a monthly income if you can't work because of an accident or illness. You can use the money to help pay your bills and living expenses until you recover and can return to work. You can spend the money on anything you want, and unlike earnings, it's paid to you tax-free.

These types of policies have no cash in value at any time. If you stop paying your premiums your cover may stop.

**The more you earn, the more you have to lose**

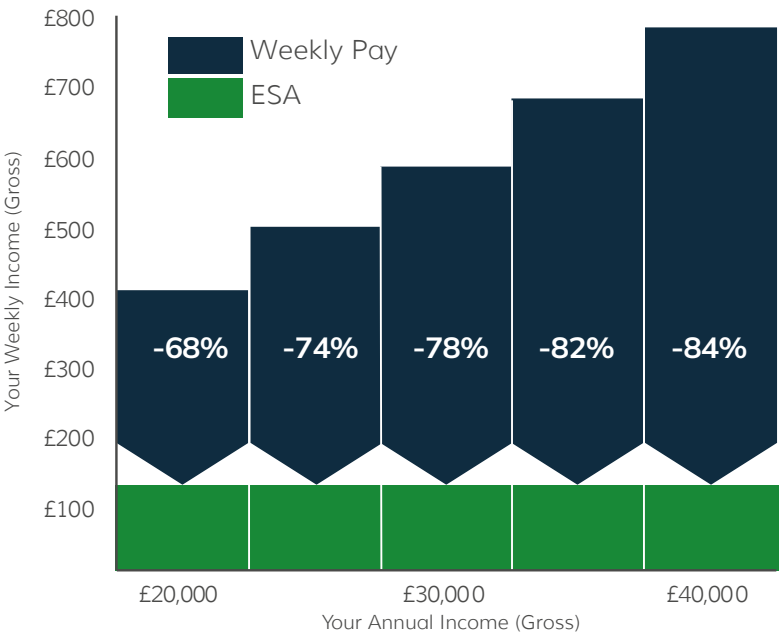
The graph on the right shows how much you could expect to receive in Employment Support Allowance (ESA) compared to your salary.

As you can see, the more you earn, the more you have to lose.

If the worst did happen, many people think they could rely on their savings, their employer or the state, but is it really enough?

LV= don't take into account any state benefits you may be entitled to if you're unable to work. Please be aware that the money paid out at claim for Income Protection policies may affect your state benefit and Universal Credit entitlement.

**Please speak to your financial adviser to find out more**



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