We’ve got **your back**

The need for income protection

ROYAL LONDON

Protect your income against illness or injury

Financial support to help towards protecting your lifestyle, savings or family if you can't work for a while. And get back on your feet quicker with our Helping Hand support service.

If you're the breadwinner for your family - you put food on the table and take care of the essential bills. If you can't work because of illness or injury, how are you going to make sure these outgoings can still be paid?

We can help.

For example, a meal out for two costs between £56-£120[1]. For a monthly premium of half that, a non-smoking male aged 34 could be covered for over **£1,000 a month** if they couldn't do their job[2].

For 2025/2026, Statutory Sick Pay is only £118.75 a week – but you could be entitled to more depending on your sick pay arrangement at work. It's paid by your employer for up to 28 weeks[3].

It's always a good idea to speak to your employer and confirm their specific sick pay arrangements.

Source: 1 New arrivals guide to the Cost of living in the UK and London, www.workgateways.com, May 2025.

2 Royal London Personal Menu Plan, 12 may 2025, client male, age 35 next birthday, non-smoker. Monthly premium £18.92. Includes plan charge of £2.60 and Waiver of Premium. Quoted on own occupation basis for 30 years, £1,369 cover a month, full-term payment period and 26 week deferred period. This profile has been used as an illustrative example, please run your own quote to ensure details are accurate.

3 www.gov.uk, May 2025.

23% risk of being off work for two months or more before age 65*

Why do you need to protect your income?

If you suddenly found yourself unable to work due to illness or injury, could you survive financially?

You may be able to get sick pay from your employer or support from the government, but this might be less than you expect or not last as long as you think. If you couldn't work, how would you pay your mortgage, rent or bills? Would you have enough savings to cover your living expenses for more than a few months? If not then taking out Income Protection can help you weather this storm.

How income protection works

No one wants money worries on top of injury or illness. Income protection pays you a regular income if you can't do your own job because of illness or injury, and meet our definition of incapacitated or meet our definition of terminal illness.

Our Income Protection is flexible so it can meet your needs and budget. You can cover up to 65% of your first £60,000 of pre-tax earnings, plus up to 50% of the remainder, up to a maximum of £250,000 a year.

To provide you with more protection if your income drops after the cover is taken out, we have implemented a minimum benefit guarantee of £1,750 a month. This means that the amount of cover paid out at claim will never be less than £1,750 each month or the amount of cover on the plan – whichever figure is lower.

You can decide the amount of time between you stopping work and getting your first payment from us. And you choose how long you want your payments to last. It's up to you.

This plan doesn't have a cash-in value at any time and if you stop paying your premiums your cover will stop.

Cover designed for NHS medical professionals

Our income protection plans can pay out in line with NHS sick pay arrangements. We also cover eligible medical professionals for up to 12 months' sabbatical, provided you meet the conditions in the Plan Details and continue to pay your premiums. Our minimum benefit amount is higher for doctors and surgeons, at £3,500 a month.

Additional benefits

We also include fracture cover and hospitalisation payment – there's no need to wait for your chosen deferred period to end before getting a payout and they don't affect your main Income Protection cover.

Fracture cover

If you suffer a fracture, we'll pay up to £4,000 per claim to help with your recovery. The payout you receive depends on where the fracture is. We cover multiple fractures in the same claim – and you can make up to two fracture claims in a 12 month period.

Hospitalisation payment

If you are hospitalised for more than six consecutive nights during your deferred period, we'll pay £100 for each night after that, for up to 90 nights during the term of your cover. If we've started paying a claim and you're discharged from hospital, then readmitted for the same cause, we'll restart your payments (subject to certain conditions).

You can find our definition of incapacitated along with full details of the terms and conditions for this plan at **royallondon.com/plandetails**

* Source: Royal London risk summary report, example based on male, 35 next birthday, non-smoker, retirement age 65, as at 12 May 2025.

A Helping Hand to get you back on your feet

If you're out of action for a while, you'll need money to pay the bills and keep the household ticking over. But it's not just about the financial payout. Our Income Protection comes with Helping Hand which gives you access to practical and emotional support to help with recovery from illnesses or injuries such as back problems and mental health issues. Helping Hand is there for you and your family (partner and children) to use as soon as your plan starts and you won't have to pay anything extra to use it.

The service includes access to:

- your own dedicated nurse who can provide tailored and personal support
- a second medical opinion
- speech and language therapy
- help to manage stress and depression
- counselling, physiotherapy and complementary therapies
- medical, career and legal helplines.

It includes a wellbeing support service which gives the plan owners online access to a range of hand-picked early care medical services, so they have help and advice to stay healthy.

Helping Hand is a package of support services and each service is provided by third parties that aren't regulated by either the Financial Conduct Authority or the Prudential Regulation Authority. These services aren't part of our terms and conditions and don't form part of your insurance contract with us, so can be amended or withdrawn at any time. This means that you or your family's access to these services could be amended or withdrawn by us in the future.

Back to work payment

When you're ready to go back to work, and we've stopped making your Income Protection payments, we know you might have some additional expenses. That's why if you have a deferred period of 13, 26 or 52 weeks, we'll make a payment in your first and second months back at work. The amount you get depends on your cover payment period:

- If your cover is payable for the whole term of the plan, you'll get 50% of your monthly benefit for the first month and 25% for the second month.
- If you have a one, two or five year cover payment period, you'll get 25% of your monthly benefit for the first month and 10% for the second month.

If you change your occupation and/or lifestyle we have a range of flexibility options to make sure your cover is tailored to your needs, including changes to your deferred period. Depending on your cover, we may even be able to offer you cover increases totaling up to £24,000 over the course of your plan with no underwriting (your monthly premium may change).

If you think that our Income Protection could be right for you, the next step is to speak to an independent financial adviser. There are many benefits to independent advice.

Royal London
royallondon.com

We're happy to provide your documents in a different format, such as braille, large print or audio, just ask us when you get in touch.