How much disability insurance do you need?



Complete this worksheet, to get a better understanding of how your finances could be affected if you are unable to work for a period of time.

1.	Calculate your total net monthly household income:			
	Your net monthly income (after taxes)	(A) \$	Investment income (e.g. IRAs, stoc	:k) \$
	Partner's net monthly income (after taxes)	\$	Other income	\$
	Add up the above to estimate your total net monthly household income (B) = \$			
2.	Calculate your total monthly household expenses:			
	Groceries	\$	Transportation costs (gas, maintenance, car payments)	\$
	Mortgage/rent	\$	Child care/school fees	\$
	Utilities (electricity, water, gas, etc.)	\$	Loans/credit card payments	\$
	Auto, homeowner's, medical & dental insurance	\$	Other expenses	\$
	Add up the above to estimate your total monthly household expenses (C) =			C) = \$
3.	Calculate the difference between your total monthly household income and your total monthly household expenses. This gives you a pretty good idea of how your finances are holding up currently.			
		Mc	onthly income surplus/shortfall (B – C) (D) = \$
4.	 Calculate the difference between your monthly household income and your total monthly household expenses – minus your net monthly income (which you could lose if you become disabled). Monthly income surplus/shortfall if disability occurs (D – A) =\$ 			

The total in this worksheet is approximately how much additional money your family may need if you become disabled and are unable to work. Disability insurance can help you meet that need by paying you a portion of your covered earnings in the event of a covered disability.

Clear

This information is for educational purposes only and not intended as financial advice. Your specific needs will vary based on your expenses, economic conditions, inflation, investment performance, and other factors. You are encouraged to consult a professional financial advisor for advice based on your specific needs and circumstances.

New York Life Group Benefit Solutions products and services are provided by Life Insurance Company of North America, New York Life Group Insurance Company of NY and New York Life Insurance and Annuity Corporation, subsidiaries of New York Life Insurance Company. Life Insurance Company of North America is not authorized in NY and does not conduct business in NY.

New York Life Insurance Company, 51 Madison Avenue, New York, NY 10010

© 2024, New York Life Insurance Company. All rights reserved. NEW YORK LIFE, and the NEW YORK LIFE Box Logo are trademarks of New York Life Insurance Company.

893785b0724SMRU5015545.1Exp.Date:08.07.2027

