

A Husband's Point Of View

SEPTEMBER

A.M.H. Financial Services

SEPTEMBER

Volume 12, Issue 9

September 2022

INSIDE THIS ISSUE:

Critical Illness Insurance 101 2

Myth vs Reality Critical Illness Statistics in Canada 3

Our Mission 4

Fall is at our doorstep and the kids are going back to school.

This month I want to talk about Critical Illness Insurance again, which touches me personally. As most of you know, 3 years ago I underwent a kidney transplant. When I was diagnosed with kidney issues 20 plus years ago, critical illness was not out yet. The original diagnosis was diabetes, and the failing kidneys came about as a complication of the diabetes. When I went through the transplant there was 4 months of recovery time and many times I thought about what a difference critical illness insurance would have made for me and my family had it been available before I was originally diagnosed with diabetes.

We all like to think that critical illness won't happen to us. It can and does happen to people all the time. My mother passed away from Leukemia (blood cancer) at age 37 and left behind 8 children. My sister died of colon cancer at age 49 and my brother suffered a stroke at age 62. The stroke was fairly mild but it left him unable to return to work and with complications that will last the rest of his life.

Medical advances have dramatically improved the survival rates of people who suffer critical illnesses such as cancer, stroke and heart disease. Recovery may come with a significant financial cost that impacts both you and the people close to you.

Critical illness insurance offers the financial help to pay the costs associated with life-altering illnesses. If you become sick with an illness covered by your policy and survive the waiting period, you'll receive a lump-sum cash payment. And, unlike reimbursed health insurance benefits, you decide how to spend the money.

We all hope that we will never need critical illness insurance, but in the event of a big health emergency, critical illness insurance can provide a crucial financial lifeline.

For more information on Critical Illness Insurance or to get a quote call me today (780) 425-4058 or email me at andy@amhfinancial.ca



On the Lighter Side

Why did the Oreo go to the dentist? It lost its filling

Why did the chicken coop have only two doors? Because if it had four doors it'd be a sedan

What is Dracula's favorite circus act? He always goes right for the juggler

What kind of band plays snappy music? A rubber band

Why do skeletons refuse to eat haggis? They don't have the stomach for it

Synergy combination insurance 3-in-1 life, disability and critical illness protection

Helping protect your family means safeguarding the life you lead and the people you love, should something happen to you. You can help cover everyday risks with 3-in-1 life, disability and critical illness insurance from Synergy. If you can't work because of injury, illness or premature death, you can draw on the pool of money through your Synergy policy to:



- ⇒ Replace your income
- ⇒ Cover your mortgage and debts
- ⇒ Supplement gaps in your employer's group plan

Critical Illness Insurance 101



As the average life expectancy in Canada continues to increase, we are finding ways to make sure Canadians can afford the privilege of getting older. Critical illness insurance was developed in 1996, as people realized that surviving a heart attack or stroke could leave a patient with insurmountable medical bills.

Even with excellent medical insurance, just one critical illness can be a tremendous financial burden. Critical illness insurance provides a benefit if you experience one or more of the following medical emergencies:

- ◆ Heart attack
- ◆ Stroke
- ◆ Organ transplants
- ◆ Cancer
- ◆ Coronary bypass

Coverage when it counts!

Because these illnesses require extensive medical care and treatment, their costs can outstrip a family's medical insurance policy quickly. If you don't have an emergency fund or health savings account (HSA), you'll have an even harder time paying those bills out of pocket.



Many people are now choosing high-deductible health plans, which can be something of a double-edged sword: Consumers benefit from relatively affordable monthly premiums but can find themselves in a real pinch if a serious illness strikes.

Critical illness insurance can pay for costs not covered by traditional insurance. The money can also be used for nonmedical costs related to the illness, including transportation, child care, and so on. Typically, the insured will receive a lump sum to cover those costs. Coverage limits vary—you could be eligible for a few thousand dollars all the way up to \$100,000, depending on your policy. Policy pricing is impacted by a number of factors, including the amount and extent of coverage, the sex, age, and health of the insured, and family medical history.

A big draw of critical illness insurance is that the money can be spent on a variety of things, such as:

- ◆ To pay for critical medical services that might otherwise be unavailable
- ◆ To pay for treatments not covered by a traditional policy
- ◆ To pay for daily living expenses, enabling the critically ill to focus their time and energy on getting well instead of working to pay their bills
- ◆ Transportation expenses, such as getting to and from treatment centers, retrofitting vehicles to carry scooters or wheelchairs, and installing lifts in homes for critically ill patients who can no longer navigate staircases
- ◆ Terminally ill patients, or those simply in need of a restful place to recuperate, can use the funds to take a vacation with friends or family



Myth vs Reality **Critical Illness Statistics in Canada**

Myth:

Cancer, heart attack and stroke won't happen to me.

Reality:

2 out of 5 of us are expected to develop cancer in our lifetime. Every four minutes a Canadian is diagnosed with cancer - More than 400,000 Canadians are living with long-term stroke disability.

Myth:

If I get cancer, I probably won't live. My family can live off of my life insurance.

Reality:

63% of Canadians are expected to survive for five years or more - after a cancer diagnosis. If you plan ahead for a serious illness, you could be better prepared for your family's financial wellbeing

Myth:

Alzheimer's disease isn't a huge financial problem because no expensive medical equipment is needed.

Reality:

Alzheimer's costs the patient and their family more than you'd think. The combined medical and lost earnings cost of dementia totals \$33 billion a year.

Myth:

If I have a heart attack or stroke, I might not survive.

Reality:

More than 90% of Canadians who have a heart attack and more than 80% who have a stroke and make it to the hospital will survive - Critical illness insurance can help support you if you need time off work to recover.

Myth:

If I get sick, my government health plan will pay for my medical expenses.

Reality:

The government will cover some of your medical expenses – but may not cover all of them - Covered medical costs vary from province to province. In some provinces, it's not uncommon to pay upwards of \$6,000 a month for oral cancer medications, which can be prescribed for up to a year. That's \$72,000 that must be paid out of pocket if you don't have private prescription insurance coverage (and private insurance often has a spending cap).

Myth:

I'll be able to live off my savings while undergoing treatment and not working.

Reality:

Depending on the type of illness you've been diagnosed with, you could be off work for quite a while. Almost 20% of cancer survivors report limitations on their ability to work even up to five years after diagnosis. 57% of cancer survivors had to reduce their hours at work, change their role or quit entirely. However, 42% of Canadians admit they could only live on their savings for six months or less before their money ran out.

Myth:

I'm unlikely to get sick because I live a healthy lifestyle.

Reality:

You may think your lifestyle is healthy, but statistics show Canadians aren't as healthy as we think. The obesity rate in Canada is climbing, leading to an increase in medical conditions. One in four adults and one in 10 children are clinically obese - Obesity is the leading cause of a number of conditions, including heart disease, stroke and cancer. Even if you live as healthy as possible, critical illness insurance can still be valuable in case something unexpected happens.



Financial Advisor
Since 1976



Phone: (780) 425-4058
email: andy@amhfinancial.ca

Take a look at our website!

www.amhfinancial.ca

AMH Financial Services is a full-service firm. We offer services to help you examine your financial goals and select the options that will best suit your needs, timeframe and investment style. We believe in helping you create a comprehensive financial plan for your family that includes planning, insurance and portfolio management.

Understanding what matters to you.

As life changes, your financial priorities evolve. That's why at AMH Financial Services we are here to understand you first, and then your financial picture.

We take the time to understand your unique investment goals. Through an in-depth discovery process, we'll get to know who you are and what truly matters to you and your family.

MY COMMITMENT AS A FINANCIAL ADVISOR IS TO HELP PEOPLE TO REACH THEIR FINANCIAL GOALS. IF YOU HAVE A FAMILY MEMBER, FRIEND OR COLLEAGUE WHO YOU FEEL COULD BENEFIT FROM A CONVERSATION WITH ME, I WOULD BE PLEASED TO SPEAK WITH THEM WITHOUT OBLIGATION.

I believe that every individual has an unalienable right to make the best and most effective use of hard-earned income, to have easy access to up-to-date and informed advice, and to be able to provide for short and long-term requirements.

I am committed to serving the individual customer with investment and financial portfolios which will meet current needs and provide for future requirements and situations.



My mission is to help you to make an educated decision that you are comfortable with!



Here's a sneak peak at some Canadian money facts:

1. Banking Canada has only had two banks fail since 1923 — the U.S. has had more than 17,000.
2. The Central Bank of Canada was founded in 1934.
3. Insurance The 2016 Fort McMurray wildfire is now officially Canada's costliest disaster. The Insurance Bureau of Canada revealed the blaze caused \$3.6 billion of damage.
4. Currency 2004 was Canada's year of peak counterfeiting: 553,000 phoney bank notes were passed. For every million in circulation that year, nearly 500 bills were fake.
5. Over 1 billion circulation coins are minted each year at our high-tech plant in Winnipeg.

