1	Exhibit 1		
2	OAR 836-052-0556(4)		
3			
4	Long Term Care Insurance		
5	Personal Worksheet		
6			
7	People buy long-term care insurance for many reasons. Some don't want to use their own		
8	assets to pay for long-term care. Some buy insurance to make sure they can choose the type of care they get. Others don't want their family to have to pay for care or don't want to go on Medicaid. But long term care insurance may be expensive, and may not be right for		
9			
10			
11	everyone.		
12	By state law, the insurance company must ask you to fill out this worksheet to help you and the company decide if you should have this policy.		
13	the company decide if you should buy this policy.		
14	Premium Information		
15	Policy Form Number		
16			
17	The premium for the coverage you are thinking about buying will be [\$ per		
18	month, or \$ per year,] [a one-time single premium of \$]		
19			
20	Type of Policy (noncancellable/guaranteed renewable):		
21			
22	The Company's Right to Increase Premiums:		
23	[The company cannot raise your rates on this policy.] [The company has a right to increase		
24	premiums on this policy in the future, provided it raises rates for all policies in the same class in		
25	this state.] [Insurers shall use appropriate bracketed statement. Rate guarantees shall not be		
26	shown on this form.]		
27			
28	Rate Increase History		
29			
30	The company has sold long-term care insurance since [year] and has sold this policy since [year].		
31	. [The company has never raised its rates for any long-term care policy it has sold in this state or		
32	any other state.] [The company has not raised its rates for this policy form in this state or any		
33	other state in the last 10 years.] [The company has raised its premium rates on this policy form in		
34 25	the last 10 years. Following is a summary of the rate increases.]		
35 36	<b>Drafting Note:</b> The company may use the first bracketed sentence above only if it has never		
30 37	increased rates under any prior policy forms in this state or any other state. The insurer shall list		
38	each premium increase it has instituted on this form in this state or any other state during the las 10 years. The list shall provide the policy form, the calendar years the form was available for		
38 39			
40	sale, and the calendar year and the amount (percentage) of each increase. The insurer shall provide minimum and maximum percentages if the rate increase is variable by rating		
41	characteristics. The insurer may provide, in a fair manner, additional explanatory information as		
42	appropriate.		
43	Questions Related to Your Income		
44	How will you pay each year's premium?		
45	□From my Income □From my Savings/Investments □My Family will Pay		

1 2	[ Have you considered whether you could afford to keep this policy if the premiums went up, for example, by 20%?]		
3 4 5 6 7	What is your annual income? (check one) Under \$10,000 [\$[10-20,000] [\$[20-30,000] [\$[30-50,000] [ Over \$50,000 Drafting Note: The insurer may choose the numbers to put in the brackets to fit its suitability standards.		
8 9 10 11	<ul> <li>How do you expect your income to change over the next 10 years? (check one)</li> <li>□No change □Increase □Decrease</li> <li>If you will be paying premiums from your own income, a rule of thumb is that you may not be able to afford this policy if the premiums will be more than 7% of your income.</li> </ul>		
12 13 14 15 16	Will you buy inflation protection? (check one) □Yes □No If not, have you considered how you will pay for the differences between future costs and your daily benefit amount? □From my Income □From my Savings/Investments □My Family will Pay		
17 18 19 20	The national average annual cost of care in [insert year] was [insert \$ amount], but this figure varies across the country. In ten years the national average annual cost would be about [insert \$ amount] if costs increase 5% annually.		
21 22 23	Drafting Note: The projected cost can be based on federal estimates in a current year. In the above statement, the second figure equals 163% of the first figure.		
24 25 26	What elimination period are you considering? Number of days Approximate cost \$ for that period of care.		
27 28 29	How are you planning to pay for your care during the elimination period? (check one) □From my Income □From my Savings/Investments □My Family will Pay		
30 31	Questions Related to Your Savings and Investments		
32 33 34 35	Not counting your home, about how much are all of your assets worth (your savings and investments)? (check one) □Under \$20,000 □\$20,000-\$30,000 □\$30,000 □Over \$50,000		
36 37 38 39	How do you expect your assets to change over the next ten years? (check one)         Stay about the same       Increase       Decrease         If you are buying this policy to protect your assets and your assets are less than \$30,000, you may wish to consider other options for financing your long-term care.		

1	Disclosure Statement			
	$\Box$ The answers to the questions above describe my fir	nancial situation.		
Or				
$\Box$ I choose not to complete this information.				
(check one)				
	(below) has reviewed this form with me ory and potential for premium increases in wing: I acknowledge that I have reviewed acrease history and potential for premium isclosures. I understand that the rates for ust be checked.)			
2		· · · · · · · · · · · · · · · · · · ·		
3				
4	Signed:			
	5	(Data)		
5 6	(Applicant)	(Date)		
7 8	$\Box$ I explained to the applicant the importance of completing this information.			
9	Signed:			
10	(Producer)	(Date)		
11 12	Product's Printed Name:	]		
13 14 15 16 17 18	[Note: In order for us to process your application [name of company], along with your application.] [My producer has advised me that this policy does n I still want the company to consider my application. Signed:	not seem to be suitable for me. However,		
19	(Applicant)	(Date)		
20				
21	Drafting Note: Choose the appropriate sentences de	pending on whether this is a direct mail		
22	or producer sale.			
23	The company may contact you to verify your answers.			
24	Drafting Note: When the Long-Term Care Insurat	nce Personal Worksheet is furnished to		
25	employees and their spouses under employer group policies, the text from the heading			
26	"Disclosure Statement" to the end of the page may l	be removed.		
27				