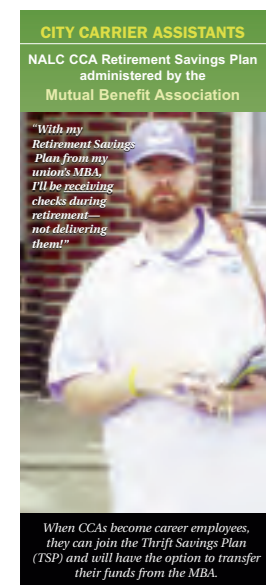


City Carrier Assistants

As provided by the DAS Award in 2013, the NALC created the NALC Retirement Savings Plan (RSP) for City Carrier Assistants who are members of the National Association of Letter Carriers. The CCA Retirement Savings Plan is administered by the Mutual Benefit Association to give CCAs a tax-deferred way to save for retirement. It is organized as a Traditional Individual Retirement Account (IRA), which means contributions to the plan may be tax-deductible and its earnings and



principal are tax-deferred – that is, not taxable until they are withdrawn during retirement.

The CCA Retirement Savings Plan allows CCAs to begin saving now for retirement and provides the option to transfer the funds to the Thrift Savings Plan when they become career letter carriers.

If the CCA chooses to leave the funds in the Retirement Savings Plan

until retirement, there are four options to collect monthly benefits:

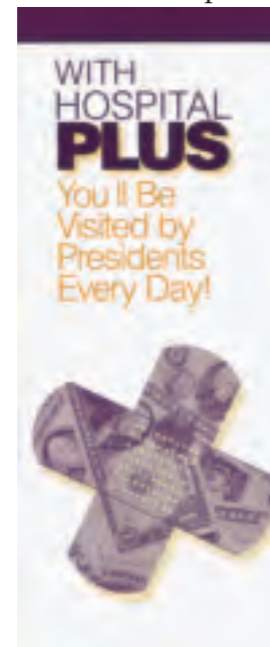
- **Life Annuity**
- **Life Annuity With Period Certain**
- **Joint Life Annuity**
- **Full Cash Refund**

See the MBA Retirement Savings Plan for additional details.

Accident and Health Plans

Hospital Plus

If you're hospitalized for illness or injury, the MBA can help your financial health with cash payments of \$30, \$50, \$75, or \$100 a day. With **Hospital Plus**, cash benefits start on the first day you are hospitalized, and continue for up to 365 days.



Hospital Plus also lets you cover your spouse and children. The spouse benefit is the same as yours—\$30, \$50, \$75, or \$100 a day. Children's benefits are \$18, \$30, \$45, or \$60 a day.

Benefits are paid in full regardless of other health insurance benefits you receive. Cash benefits are paid directly to you and may be used for any purpose. This is extra cash protection to help you meet the financial burdens of accidents and illnesses.

All applying members, regardless of age, and their eligible dependents may be covered. As long as you pay your premium, you may keep your policy, regardless of prior benefits received or future health conditions. Rates will not be individually raised.

Repeat claims for the same or related causes will be treated as claims for the same

cause (and included in a single 365-day limit), if recurring hospital stays are not separated by 6 months. Such claims will be covered only if the policy is then in force.

The policy contains a benefit restriction for pre-existing conditions—a condition for which medical advice or treatment was received during the 12 months before the effective date of your policy. Also, a pre-existing condition will not be covered until 12 consecutive months have passed in which no medical advice or treatment is received for such condition, or until your policy has been in effect for 1 year, whichever occurs first.

NALC Accidental Death Group Insurance Coverage

What is NALC Accidental Death Group Insurance?

This coverage is a group accidental death insurance provided by the NALC to its members through its branches as part of the benefit of membership in the NALC. It is administered by the Mutual Benefit Association (MBA), the life insurance division of the NALC.

Who is eligible?

All active members of the NALC in good standing who are Letter Carriers or other non-supervisory Postal Career Service employees are eligible for the Basic Accidental Death Benefit.

Both active and retired members are covered under this Group Insurance Certificate.

What's the cost to the members?

The Basic Group Coverage of \$5,000 is offered at no cost to the members. This is a benefit provided by the NALC to its membership.

How is the coverage administered?

The group insurance coverage is administered by the MBA. When a carrier becomes a member of the NALC, a welcome package is sent to the new member from the MBA. This welcome package includes the Basic Group Accidental Certificate.

The basic plan provides \$5,000 of accidental death coverage. Should a member become deceased due to accidental causes, the family or the NALC branch can contact the MBA to request a claimant form. This form should be completed by the next of kin of the deceased member, notarized and returned to the MBA with a copy of the death certificate.

Once the completed claim information is received by the MBA, in most cases it will be processed and paid within one week.

MBA Insurance Programs

For more information contact your local branch office or call MBA's nationwide WATS line

1 (800) 424-5184
Tuesday & Thursday • 8:00 AM–3:30 PM Eastern Time

or call the MBA at
(202) 638-4318
Monday–Friday • 8:00 AM–3:30 PM Eastern Time

National Association of Letter Carriers

U.S. Letter Carriers Mutual Benefit Association
Fredric V. Rolando President
Myra Warren Director
Lawrence D. Brown, Jr. Chairman
Randall L. Keller Michael J. Gill
Board of Trustees



United States Letter Carriers
Mutual Benefit Association
100 Indiana Avenue, N.W., Suite 510
Washington, D.C. 20001-2144

Insurance plans offered by the MBA are designed to give NALC members and their families the best possible protection for the lowest cost.

Life Insurance

MBA Whole Life

MBA Whole Life is a whole life insurance plan that lets you choose from \$10,000, \$15,000, \$25,000, \$50,000, or \$100,000 worth of coverage. Premiums are based on the amount of the policy benefit and your age at the time of purchase. With this plan, premiums remain the same throughout the life of your policy. You may pay premiums once a year, 12 times a year or biweekly under the payroll deduction plan.*

Premiums on this policy are paid for the lifetime of the insured.

You can borrow against your cash buildup and still keep your plan in force, or you may trade in your policy for the cash value (which you can take as a lump sum, or a regular income).

Should you decide to borrow against your policy, the interest rate will be 8%, or the rate determined by the state in which your policy is issued (whichever is lower).

* Retirees may choose to pay premiums monthly or annually. Sorry, retirees are not eligible to use payroll deductions.

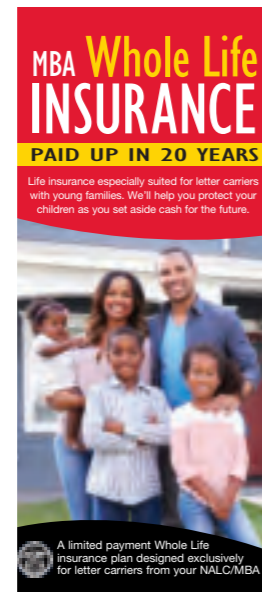
MBA 20 Pay Whole Life

MBA 20 Pay Whole Life is a limited-payment life insurance policy especially suited to letter carriers who want to insure their young children. It lets you build up cash for your children's future. Whether you choose \$10,000, \$15,000, \$25,000, \$50,000, or \$100,000 worth of coverage, you pay premiums for 20 years. In the event of the insured's death, MBA 20 Pay Whole Life will pay survivors the full amount of the policy.

After the 20 years, you may keep the coverage at no cost, or surrender your policy for its cash value. If you choose to keep the policy in force, your cash value will continue to build up at current dividend rates. You may borrow against or surrender your plan any time.

Premiums may be paid once a year, 12 times a year or biweekly under the payroll deduction agreement.*

* Retirees may choose to pay premiums monthly or annually. Sorry, retirees are not eligible to use payroll deductions.



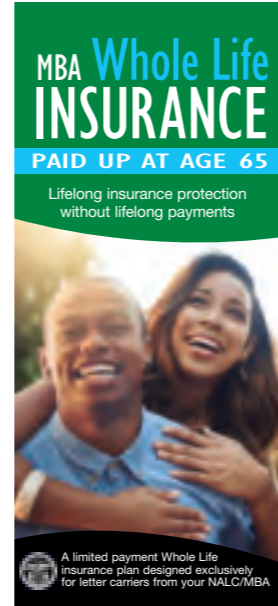
MBA Life Paid-Up at Age 65 Whole Life

MBA Life Paid-Up at Age 65 is a limited payment whole-life insurance policy. It is ideal for all letter carriers and their family members. MBA Life Paid-Up at Age 65 offers lifelong insurance protection without lifelong payments. This plan allows the insured to reduce their financial obligations upon retirement while maintaining their insurance coverage. You can purchase life insurance coverage worth \$10,000, \$15,000, \$25,000, \$50,000, or \$100,000.

Premium payments are required up to the policy's anniversary date after the insured's 65th birthday. At that time the policy is fully paid up, yet coverage stays in force throughout the insured's lifetime. This coverage continues in full, unless you decide to surrender the policy for its cash value. You may borrow against or surrender your plan any time.

You may pay your premiums once a year, 12 times a year, or biweekly under MBA's automatic payroll deduction plan.

* Retirees may choose to pay premiums monthly or annually. Sorry, retirees are not eligible to use payroll deductions.



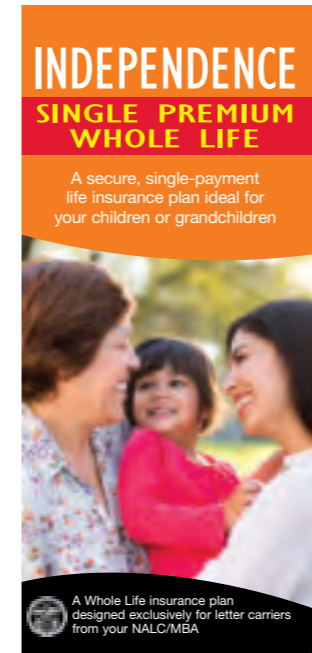
Independence—Single Premium

Independence—Single Premium is one of the most convenient whole life plans available. For a single, once-in-a-lifetime premium payment you, or any eligible member of your family, can have life insurance coverage of \$5,000, \$10,000, \$20,000, \$100,000, or any amount you choose (subject to MBA's maximum face value limitations).

With this plan you not only get immediate real-cash value, but also investment advantages like favorable tax-free interest earnings, easy low-interest loan availability, an instant cash-value option, a no cancellation guarantee, and of course, full death benefits.

Single-Premium also lets you decide whether to leave your dividends on deposit to increase your cash value, or to use them to increase your death benefit or receive a dividend check.

It's the most convenient way to give your loved ones added financial security.



MBA 10-Year Renewable and Convertible Term

Term Life is a 10-year renewable and convertible term policy. In the event of your death, the policy will pay your beneficiaries the full amount of your policy for as long as it's in force. This plan lets you choose coverage of \$10,000, \$15,000, \$25,000, \$50,000, or \$100,000.

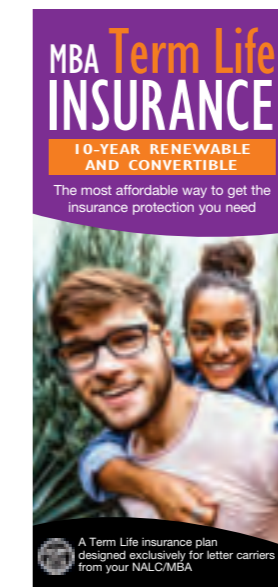
Your premium will remain the same until the 10-year term has ended. You can renew for another 10 years of coverage without a medical exam. At each renewal period, your premium increases according to your age. You may continue your

MBA 10-Year Renewable and Convertible Term coverage until age 80.

You can also convert your term life policy to a whole life policy, such as MBA Whole Life, without taking a medical exam, if the insured is under the age of 65.* Term Life is available for your spouse at the same benefit amounts open to you. Premiums can be paid annually, 12 times a year, or biweekly through payroll deductions.** You may choose to have your dividends paid in cash or left on interest-bearing deposit.

*This feature does not apply if you have been a victim of a permanent and total disability. If you convert to Whole Life, the premiums are specified according to your age on the date of conversion.

**Retirees may choose to pay premiums monthly or annually. Sorry, retirees are not eligible to use payroll deductions.



MBA Retirement Savings Plan

Retirement Savings Plan is a plan designed to supplement your pension. You make small payments to the plan while you're young, so you can receive a lifetime of monthly payments after you retire—even if you live to be 200!

Under the Retirement Savings Plan, you can also request a guaranteed number of monthly payments.

You choose the amount you want to contribute to your Retirement Savings Plan. It can be as little as \$15 per pay period (the minimum amount allowed). You may also select your method of payment: MBA can deduct payments automatically from your paycheck, or bill you monthly or annually.*

As your Retirement Savings Plan grows, you can expect to earn competitive interest rates. The plan is tax-deferred, which means you do not pay taxes on any of your interest until you draw on it—further improving your yield.

When you're ready to retire, MBA offers a choice of four ways to collect monthly benefits:

Life Annuity With Period Certain. Receive a lifetime of monthly payments. You're guaranteed this income for as long as you live. If you die during a specified period (5, 10, 15, or 20 years), payments go to your beneficiary until the end of the period.

Life Annuity. Receive monthly payments through your lifetime. No further benefits will be paid after your death.

Joint Life Annuity. You or your beneficiary receive monthly payments as long as either of you live.

Full Cash Refund. Receive monthly payments as long as you are alive. When you die, the MBA will pay any money in your account to your beneficiary.

* Retirees may choose to pay premiums monthly or annually. Sorry, retirees are not eligible to use payroll deductions.

