Long-Term Care Insurance
Nursing Home Indemnity Policy

Insured: John Q. Doe                                Policy Number: 9100-1234567
Nursing Home Benefit: $80.00 per day                Policy Date: January 15, 1991

We at IDS Life Insurance Company are pleased to issue this Long-Term Care Insurance Policy to You. This Policy has many important features. We urge You to read it carefully.

THIS POLICY IS GUARANTEED RENEWABLE
WE HAVE A LIMITED RIGHT TO CHANGE PREMIUMS

All You have to do to keep this Policy in force until benefits have been exhausted is to pay premiums on time. We cannot cancel or refuse to renew this Policy. Your premiums will not increase due to a change in Your age or health. We can, however, change Your premiums based on Your premium class; but only if We change the premiums for all similar policies issued in Your state on the same form as this Policy. Premium changes will only be made as of an anniversary of the Policy Date. We must give You at least 31 days written notice before We change Your premiums.

30 DAY RIGHT TO EXAMINE YOUR POLICY

You have 30 days from the day You receive this Policy to examine and return it to Us if You decide not to keep it. You do not have to tell Us Your reason for returning the Policy. Simply return it to Us or Our representative within 30 days after You receive it. We will refund the full amount of any premium paid; and the Policy will be void from the start.

Signed for and issued by IDS Life Insurance Company in Minneapolis, Minnesota, as of the Policy Date shown above.

President:                                          Secretary:

Timothy V. Bueltem                              William A. Stettmann

THIS POLICY IS NOT A MEDICARE SUPPLEMENT POLICY
If You are eligible for Medicare, review the Medicare Supplement Buyer’s Guide available from Us.

THIS IS A LIMITED BENEFIT HEALTH POLICY
PLEASE READ IT CAREFULLY
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Schedule

Insured: John Doe
First Premium: $xx.xx
Premium Mode: Monthly
Policy Number: 9100-1234567
Renewal Premium: $xx.xx
Policy Date: January 15, 1991

Benefits Provided and Limits

NURSING HOME BENEFIT

Deductible Period: 100 days
Daily Benefit: $80.00

BENEFIT INCREASE OPTION - THRU AGE 85

Do you have this Option? No

BENEFIT LIMIT --
(Policy limit for all nursing home and post confinement indemnity benefits combined.)

1460 Days

POST CONFINEMENT INDEMNITY BENEFIT --

Automatically Included

WAIVER OF PREMIUM --

Automatically Included
Basic Contract Provisions

This section tells You: the documents which state all of the contractual agreements; the importance of completing Your application truthfully; and other basic rights, obligations and features.

The Contract

Entire Contract; Changes: The entire contract between You and Us is as stated in this Policy, Your application and any attached papers. No change in this Policy will be effective until approved by one of Our officers. That approval must be noted on or attached to this Policy. None of Our representatives or other persons may change this Policy or waive any of its provisions.

Contesting Coverage

Time Limit on Certain Defenses:
(a) Misstatements in Your Application: After this Policy has been in force for 2 years, only fraudulent misstatements in Your application may be used to: void this Policy; or deny any claim for loss incurred or disability that starts after the 2 year period.
(b) Pre-Existing Conditions: We will not reduce or deny any claim under this Policy because a sickness or physical condition described in Your application had existed before the Policy Date.

Other Provisions

Conformity with State Statutes: If this Policy does not comply with the laws of the state in which You reside on the Policy Date, We will treat it as if it had been changed to comply with those laws.

Time Periods: All time periods begin and end at 12:01 a.m. Standard Time at Your residence.
Glossary Of Important Terms

This section gives the meaning of special words and phrases used in the Policy. In addition, the terms Benefit Limit, Daily Benefit and Deductible Period appear in the Schedule and are more fully described in the Benefit Provisions. To help You recognize these special words and phrases, the first letter of each word, or each word in the phrase, is capitalized wherever it appears.

Custodial Care

Care which can be performed by persons without professional medical training and which is primarily for the purpose of meeting the personal needs of the patient, including feeding, transferring, dressing, and personal hygiene.

Day of a Nursing Home Stay

Each day You are confined as an inpatient in a Nursing Home for which a full day's room and board or subsistence charge is made.

Doctor

Someone, other than a Nurse, who is legally qualified and licensed to practice medicine and is operating within the scope of that license. The term "Doctor" does NOT include: You or a member of Your immediate family; anyone who resides in Your household; or anyone who has an ownership interest in, or is an employee of, any Nursing Home in which You stay.

Intermediate Nursing Care

Basic care including physical, emotional, social and other restorative services under periodic medical supervision. This nursing care requires the skill of the registered nurse in administration, including observation and recording of reactions and symptoms, and supervision of nursing care.

Nurse

Someone who is licensed as: a Registered Graduate Nurse (RN); or a Licensed Practical Nurse (LPN); or a Licensed Vocational Nurse (LVN). The term "Nurse" does NOT include: You; a member of Your immediate family; or anyone who resides in Your household.
Nursing Home

A facility or distinctly separate part of a hospital or other institution which is licensed by the appropriate licensing agency to engage primarily in providing nursing care and related services to inpatients and:

- Provides 24 hour a day nursing service under a planned program of policies and procedures which was developed with the advice of, and is periodically reviewed and executed by, a professional group of at least one Doctor and one Nurse; and

- Has a Doctor available to furnish medical care in case of emergency; and

- Has at least one Nurse who is employed there full time (or at least 24 hours per week if the facility has less than 10 beds); and

- Has a Nurse on duty or on call at all times; and

- Maintains clinical records for all patients; and

- Has appropriate methods and procedures for handling and administering drugs and biologicals.

NOTE: The above requirements are typically met by licensed skilled nursing facilities, comprehensive nursing care facilities and intermediate nursing care facilities as well as some specialized wards, wings and units of hospitals. Those requirements are generally NOT met by: rest homes; homes for the aged; sheltered living accommodations; residence homes; or similar living arrangements.

Skilled Nursing Care

Care furnished on a Doctor's orders which requires the skill of professional personnel such as a registered or a licensed practical nurse and is provided either directly by or under the supervision of these personnel.

You, Your

The Insured named in the Schedule.

We, Us, Our

IDS Life Insurance Company, A Stock Company.
Benefit Provisions

This section describes Your benefits under the Policy. It tells You: the conditions under which benefits will be paid; how much will be paid; and how long benefits will be paid.

Nursing Home Benefit

Benefit Conditions

We will pay the Daily Benefit for each Day Of A Nursing Home Stay after the Deductible Period, if:

- the Policy is in force when the Nursing Home stay starts; and

- You are confined in the Nursing Home as an overnight resident patient and a room and board charge is made for that day; and

- Your Nursing Home Stay Is Necessary, as described below.

Note: The next page describes how the Daily Benefit and Deductible Period are determined.

Determining When Your Nursing Home Stay is Necessary

Your Nursing Home Stay is Necessary as long as: (1) a Doctor certifies that Your admission is required due to injury or sickness; and (2) there exists a level of functional incapacity which makes Your continued Nursing Home stay appropriate and reasonable.

No Specific Care Level Required

This Policy makes no distinction, in the duration or amount of benefits You will be paid, for different levels of care (whether skilled, intermediate or custodial) as long as Your Nursing Home Stay is Necessary.

How Long Benefits Will Be Paid

After the Deductible Period, this benefit will be paid for as long as Your Nursing Home Stay is Necessary and the Benefit Limit (described on the next page) has not been reached.
How the Deductible Period Works

The Deductible Period is the number of consecutive days at the start of each Nursing Home stay needed to qualify for benefits. The Schedule shows the Deductible Period. You will not be paid benefits for the Deductible Period.

Once You have qualified for benefits, You do not need to satisfy a new Deductible Period for later Nursing Home stays which:
- are due to the same or related cause or causes; and
- are separated from each other by less than 6 months.

How the Benefit Limit Works

The Benefit Limit is the maximum number of days for which You will be paid benefits under the Policy. The Schedule shows the number of days in the Benefit Limit. This is a limit for all Your Nursing Home Benefits and Post Confinement Indemnity Benefits combined. The Policy terminates when the Benefit Limit has been reached. If the Schedule shows that Your Benefit Limit is “Unlimited”, there is no limit on the number of days for which benefits may be paid during Your lifetime.

Daily Benefit

The amount of Your Daily Benefit is shown in the Schedule. That amount may be changed, over time, by the Benefit Increase Option described below.

Benefit Increase Option

This option provides for increases in benefits thru age 85.

(The Schedule states whether or not You have this Option)

When and How It Works

If You have this option, Your Daily Benefit will increase on each anniversary of the Policy Date. Annual increases will continue until and including the increase which happens while You are 85 years of age. Each increase will be equal to 5% of Your original Daily Benefit. Increased amounts will apply to each day benefits are payable under the Policy on or after the date of the increase, even while You are in a Nursing Home.
Post Confinement Indemnity Benefit

Benefit Conditions

To aid in Your recovery, We will pay a benefit for each day of Your convalescence after a Nursing Home stay, if:

- Benefits were paid under the Nursing Home Benefit for the Nursing Home Stay; and

- You make claim for this Benefit giving Us satisfactory evidence that You were convalescing outside of a Nursing Home or duly Licensed hospital on that day; and

- Your Benefit Limit has not been reached.

The amount We will pay for each day will be equal to the following percentage of the Daily Benefit paid on the last day of Your most recent Nursing Home stay.

<table>
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<tr>
<th>Day of Convalescence</th>
<th>Percentage of Daily Nursing Home Benefit Payable</th>
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<td>First thru 30th day</td>
<td>70%</td>
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<td>31st thru 60th day</td>
<td>60%</td>
</tr>
<tr>
<td>61st day and later</td>
<td>50%</td>
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How Long Payable

This Benefit will be paid for up to the number of days benefits were paid under the Nursing Home Benefit for the prior Nursing Home stay; but not for any day You are in a Nursing Home or duly licensed hospital. All benefits end and the Policy terminates, once the Benefit Limit (described in the Nursing Home Benefit) has been reached.

REMEMBER: Each day We pay Nursing Home or Post Confinement Indemnity Benefits counts toward Your Benefit Limit.

Waiver Of Premium

Benefit Conditions

We will waive the payment of any Policy premiums which become due during a Nursing Home stay after benefits have been paid for at least 90 consecutive days beyond the Deductible Period. This waiver stops when the Nursing Home stay ends. To keep the Policy in force after the waiver stops, You must pay any future premiums as they become due.
General Exclusions And Limitations

This section states the conditions under which benefits will not be paid even if You otherwise qualify for benefits. Please remember that when Nursing Home stays are not covered, the Post Confinement Indemnity Benefit does not apply.

What’s Not Covered

The policy will not pay benefits for any Nursing Home stay:

- outside of the United States of America or its possessions;

- in a Veteran's Administration or federal government institution; unless You or Your estate are charged for the stay;

- which results from war or act of war, whether declared or not;

- which results from an attempt at suicide or an intentionally self-inflicted injury; or

- which results from mental, nervous, psychotic or psychoneurotic deficiencies or disorders without demonstrable organic disease. The Policy will, however, cover qualifying stays which result from Alzheimer's disease or similar forms of senility or irreversible dementia.

Claims Information

This section tells You when to notify Us of a claim; what to send Us; how We pay claims; and other rights and responsibilities under the contract.

Telling Us About a Claim

Notice of Claim: We must be told in writing when You have a claim for benefits. The notice can be given to Us at Our Home Office or to Our representative. It must be received within 30 days (60 days in Kentucky and 6 months in Montana) of the date the covered loss starts, or as soon as reasonably possible. Include in the notice at least: Your name; Your Policy Number; and an address to which the claim form should be sent.
How to File a Claim

Claim Forms: When We get notice of Your claim We will send out a claim form to be used to file proof of loss.

The claim form has instructions on how to fill it out and where to send it. Please read the form carefully. Answer all questions and send all required information to the address on the form.

If You or Your representative do not get the claim form within 15 days (10 working days in Georgia), proof of loss can be filed without it by sending Us a letter which describes the occurrence, the character and the extent of the loss for which claim is made. That letter must be sent to Us at Our Home Office within the time period stated in the next paragraph. As a minimum, the description should tell Us such things as: Your name and address; whether You are claiming Nursing Home or Post Confinement Indemnity benefits; the names and addresses of Your Doctors and the places You stayed; Your diagnosis; and the periods for which You are claiming benefits.

When to File a Claim

Proofs of Loss: We must get written proof of loss within 120 days after the end of each month for which benefits may be paid. If it was not reasonably possible to give Us written proof in the time required, We shall not reduce or deny a claim for being late if the proof is filed as soon as reasonably possible. Unless the claimant is not legally capable, the required proof must always be given to Us no later than 1 year (15 months in Hawaii) from the time specified.

How and When Claims are Paid

Time of Payment of Claim: After We receive the proper written proof of loss, We will pay any benefits then due: (1) monthly, when the loss is expected to result in on-going benefits; and (2) immediately, when Our liability has ended.

Payment of Claims: All benefits will be paid to You. Any benefits unpaid at Your death will be paid to Your estate. If benefits are payable to Your estate, We may pay benefits up to $1,000 ($3,000 in Florida) to someone related to You by blood or marriage who is deemed by Us to be justly entitled to the benefits. We will be discharged to the extent of any such payment made in good faith.
Physical Examinations: We have the right to require a medical exam when a claim is made and at reasonable intervals while You are claiming continued benefits. If an exam is required, You will not have to pay for it.

Misstatement of Age: Your age may have been misstated in Your application. In that case, We will pay the benefits that the premiums You have paid would have purchased at Your true age. If, based on Your true age, the Policy would not have become effective, We will only be liable for the refund, upon request, of all premiums paid for this Policy.

How to Appeal A Claim

You will be informed by Us in writing if a claim, or any part of a claim, is denied.

Appeal Process: We evaluate Your claim based on the Policy and the information given to Us by: You; Your Doctor; the Nursing Home; and other available sources. If You do not agree with a claim decision, You may then ask for a review. Your request must be in writing to Us and include any information You think will help Your claim. No special form is needed.

We will act promptly on Your request. Please allow more time for special circumstances. Our decision will be in writing with Our reasons stated clearly.

You may authorize someone else to act for You under this review procedure.

Legal Actions: You cannot sue on Your claim before 60 days after written proof of loss has been given as required by this Policy. You cannot sue after 3 years (or in Florida, the applicable statute of limitations) from the time written proof of loss is required to be given.
Effective Date And
Premium Payment Provisions

This section tells You such things as: when the Policy becomes effective; how and when to pay premiums; the importance of paying premiums on time; and what happens if premiums are not paid on time.

The Policy Taking Effect

Effective Date and Consideration: This Policy is Issued based on: the statements made in Your application; and, payment of the First Premium shown in the Schedule. It takes effect on the Policy Date shown in the Schedule; provided the First Premium is paid.

Paying Premiums

The Premium Mode shown in the Schedule states how often premiums are to be paid. Each premium after the first is due at the end of the period for which the prior premium was paid.

What Happens When Premiums are Not Paid

Grace Period: This Policy has a 31 day grace period. If a renewal premium is not paid on or before the date it is due, it may be paid during the following 31 days. The Policy will stay in force during the grace period. If the premium is not paid during the grace period, the Policy will terminate at the end of the grace period. This is called a lapse. Lapse will not affect any continuing claim that begins before the Policy terminates.

Reinstatement: Once this Policy lapses, We may or may not put it back in force (reinstate) at Our option. An acceptance of late premium by Us (or by Our representative, if authorized to accept payment) without requiring an application for reinstatement will reinstate this Policy.

If We or Our representative require an application, You will be given a conditional receipt for the premium. If the application is approved, this Policy will be reinstated as of the approval date. If We do not give You prior written notice of Our disapproval, the Policy will be reinstated on the 45th day (30th day in New Mexico) after the date of the conditional receipt.
The reinstated Policy will cover only loss that results from Nursing Home stays which begin after the date of reinstatement. In all other respects Your rights and Our rights will remain the same; subject to any provisions noted on or attached to the reinstated Policy.

Any premiums We accept for a reinstatement will be applied to a period for which premiums have not been paid. No premiums will be applied to any period more than 60 days before the reinstatement date.

Unpaid Premiums: When a claim is paid, any premium due and unpaid will be deducted from the claim payment.

Refund of Premium Paid Beyond Your Death:

If You die while insured under this Policy, We will refund the pro rata portion of any premium paid for a period after Your death if the unearned premium is for a period of more than one month. Any refund will be made once We receive written proof of Your death and will be paid to Your estate.

PLEASE KEEP THIS POLICY IN A SAFE PLACE WITH YOUR OTHER IMPORTANT DOCUMENTS.
Long-Term Care Insurance
Nursing Home Indemnity Policy

- THIS POLICY IS GUARANTEED RENEWABLE.
- WE HAVE A LIMITED RIGHT TO CHANGE PREMIUMS.

IDS Life Insurance Company
IDS Tower 10
Minneapolis, Minnesota 55440