

The HSA for America Consumer's Guide to Life Insurance emphasizes the importance of life insurance for individuals with dependents, highlighting that premiums are currently lower than in previous years. For example, a healthy 40-year-old male can obtain \$500,000 in coverage for under \$35 monthly. The guide outlines several reasons for acquiring life insurance, including providing financial support for dependents, covering funeral expenses, ensuring children's education, paying off debts, and supporting elderly parents. It notes that life insurance is generally unnecessary for those without dependents or significant financial obligations.

The guide distinguishes between term life insurance, which lasts for a specified period, and whole life insurance, which is permanent and accumulates cash value. It advises that term insurance is typically more cost-effective, as it offers higher coverage for lower premiums without the investment component that often yields low returns in whole life policies. When selecting a term life insurance plan, key factors include the face amount, premium cost, and coverage duration, with level term insurance being the most popular option.

To determine the appropriate coverage amount, the guide suggests a general rule of thumb of ten times the annual income, providing a calculation method to assess individual needs based on income objectives, existing assets, and outstanding debts. It encourages users to check rates through their website, where they can find competitive quotes based on health and lifestyle factors. The application process is described as straightforward, with options for no medical exam insurance available. The guide concludes by urging individuals to act promptly in securing coverage, emphasizing the ease of the application process and the support available from HSA for America.