

## Own Your Future

### Governor Kaine's Message

#### Judy Peres:

One of the things I think that's most critical for all of us to realize as we age, especially us baby boomers, is that we have to look at both our physical, our mental and our emotional and our financial life to prepare for retirement.

#### Brad Willcox:

Is there a distinction between living long and living long with good health, or aging versus just health—versus healthy aging? And I think that's something that's extremely important to baby boomers.

#### Mike Larkin:

Long-term care planning is simply recognizing that at some point in the future your health could change to the point that you're gonna need care, and care in a manner that's different from the traditional health insurance care that we've come to all know and appreciate in our lives.

#### Harry Johns:

Alzheimer's disease today already affects five million people who have the disease and 10 million more who are their caregivers.

#### Michaela Sharpe:

One of the big challenges that people are facing today is they never expected to live until they were 85, 90, 95 years old.

#### Judy Peres:

It's an opportunity to take control of how you want your life to be and the medical care that you want to receive.

#### Cindi Jones:

By getting long-term care insurance, you're really taking control of your future.

#### Music/Graphic Transition: A Message From Governor Kaine

#### Tim Kaine:

Hello, I'm Tim Kaine, Governor of Virginia. I turn 50 early next year, and just like you, I realize that long term care planning is essential to you and your family's success.

Today, with new advances in science and medicine, Virginians are living longer, healthier lives than ever before.

However, as we get older there may be times when we will need to rely on our loved ones or medical professionals to assist us with our health care and other day-to-day needs.

Nobody likes to think about this aspect of getting older. But with the proper planning and preparation you can ensure that you, and your loved ones, have the resources necessary to meet your future needs.

This DVD will discuss how to prepare for your physical, mental, and financial well being as you age.

By making a plan now for future long term care needs, and sharing it with your family, you can significantly reduce stress and hardship later. Your loved ones will know that your needs will be met in the manner of your choice.

Start your plan today, and contact a financial advisor or one of the many Virginia agencies mentioned on this DVD. Making a plan now gives you a choice. Making a plan now gives your loved ones peace of mind. Making a plan now helps you Own Your Future.

#### Graphic:

To learn more, call:

866-PLAN-LTC

866-752-6582

or go to [www.longtermcare.gov](http://www.longtermcare.gov)