



UNITED TRIBES  
TECHNICAL COLLEGE  
LAND GRANT EXTENSION

# UTTC LAND GRANT EXTENSION

## UTTC Lifeskills Lessons – Money Matter\$

### Lesson 10: Insurance

LS00010

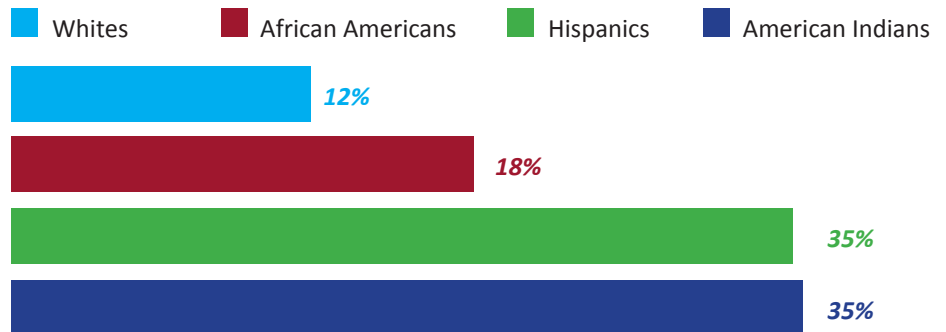
#### FACT\$:

- Health Insurance pays all or a portion of the medical bills for everyone who is covered under the plan.
- Auto Insurance is very important. In many states it is mandatory.
- Homeowner’s Insurance protects your housing investment.
- Renter’s Insurance covers your personal belongings, even if you do not own the home and you rent a room or an apartment.
- Mortgage (Credit) Life Insurance repays the lender for the balance of a loan in the event of the death or disability of the person making the loan.
- Disability Insurance protects you against a loss of income if you are unable to work for a long time because of injury illness.
- Life Insurance provides money to your beneficiaries (family or friends) if you die.

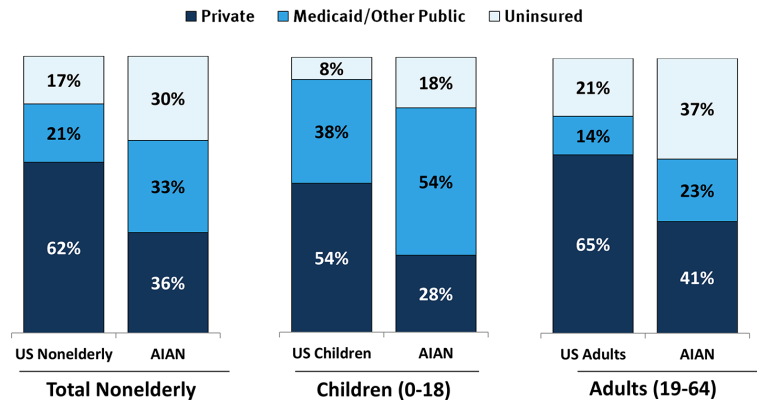
#### RESOURCES

1. Building Native Communities... Financial Skills for Families
2. Great Plains Tribal Chairmen’s Health Board (GPTCHB), Tinka Duran [navigator@gptchb.org](mailto:navigator@gptchb.org)
3. ND Equity Office - Brad Hawk, 328- 2439
4. ND Dept. of Insurance  
1.800.247.0560 or [insurance@nd.gov](mailto:insurance@nd.gov)

*Insurance can best be understood as a back-up plan to protect your family or community if something goes wrong. It’s simply a tool used to benefit and strengthen the community – sort of economic security.*



#### Health Insurance Coverage for Nonelderly American Indian and Alaska Natives Compared to U.S. by Age, 2009-2011



American Indian and Alaska Native includes people of Hispanic origin. Data may not total 100% due to rounding.  
SOURCE: KCMU analysis of 2009 – 2011 ACS



#### Affordable Care Act

Nationally, the Affordable Care Act (ACA) allows Native Americans to access health insurance so you can get health care anywhere. Talk to a **Navigator** (UTTC = 221-1777) to figure out how to access the best insurance for you and your family through the Health Insurance Market Place. That system is different in each State. Navigators know the local system. North Dakota added money to Medicaid, so coverage is good, even for those who do not have insurance through their employer or cannot afford a full premium.

## Life Insurance

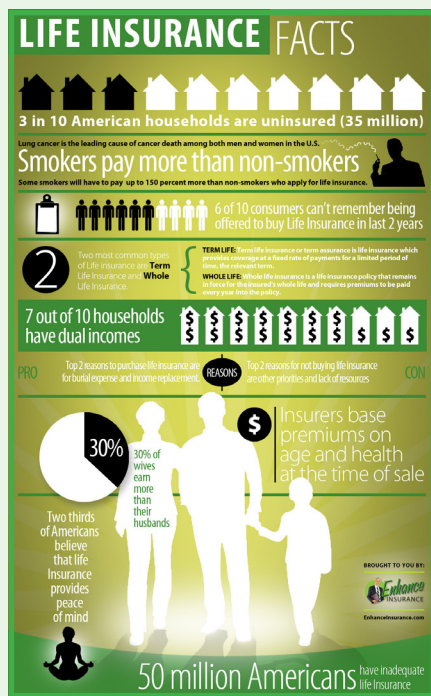
### If you're Single without Children:

If you don't have a spouse or any dependents, you may not need much, if any life insurance. In this situation, if you pass, you probably aren't leaving anyone behind that relies on your income. Even so, you may still want some very basic coverage to ease the family's pain of paying for your funeral.

### If You Have a Spouse or Dependents:

Life insurance becomes increasingly important when you get married or have children. Typically, a death is not only emotionally difficult, but the loss of a significant source of income can leave your loved ones facing an additional financial burden. Here are a few things to consider:

- What immediate financial expenses will your family face within one month of your death?
- How much of your salary is required to meet your current expenses? If you were to die tomorrow, how will your loved ones pay rent and buy food?
- How much, if any, would you want to leave behind to fund your child's education, give to charities, or leave as an inheritance?



## Mortgage (Credit) Life Insurance

### If You Own Your Home:

Mortgage Life Insurance is a policy that promises to pay your mortgage payment in the event you become disabled or die. If you are married this sounds like a pretty good idea, right?

### Maybe not!

- This type of insurance is receiving more media coverage lately but is probably a policy you can do without.
- A standard life insurance policy provides the beneficiary with a benefit that can be used for any reason they choose, including the mortgage. Why pay an additional premium for something that your life insurance policy can pay for?
- Mortgage Life is very narrow in its coverage and can only be used to pay off the mortgage so it is probably not the best use of insurance premiums. You likely are better off sticking

## Travel and Flight Insurance

### How much can you lose?

These policies are another area that may simply require you to pay a premium for insurance that overlaps coverage you already have.

- Your health insurance may cover medical needs during travel.
- Your credit card may have some basic coverage when they are used and life changes require a time change.
- Hotels may only charge a minimal or no fee to reschedule.

## Cancer Insurance

**What are your risks?** Cancer insurance is becoming very popular recently but is it a good idea?

- Your primary health insurance generally covers medical expenses related to cancer treatment.
- The most shocking reason this insurance might be a waste of money is that the premiums are limited and do not cover many forms of cancer (i.e. skin cancer) or outpatient treatments.





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# INSURANCE

#### **OBJECTIVES:**

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1. To understand the relationship between Indian Health Service and Health Insurance.
2. To be able to access a Navigator and apply for Insurance using the Health Insurance Market Place.
3. To be able to self-assess the need for Life Insurance.
4. To have opportunity to learn about and ask questions about various other insurances and how to assess need.

#### **PROCEDURE:**

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1. Write objectives on the board
2. Distribute the Lesson 19 Talking Sheet on Insurance
3. Ask for a volunteer to open session with a prayer, announce the session will open with a minute of silence, or verbalize a short (2-3 sentences) to thank the creator for wisdom to find ways to protect our resources.
4. Facilitate discussion about relationships and differences between Indian Health Services and Health Insurance
5. Ask a Navigator to speak – 5 minute overview of the Market Place
6. Read the sections relating to Life and Other Insurances – discuss each for situational need.

#### **RESOURCES FOR INSTRUCTION SUPPORT:**

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1. Power point or presentation showing Indian Health Services and Affordable Care comparisons for Native Americans - NDSU Masters in Public Health Resource Center – Dr. Don Warne – 701-231-6549
2. <https://www.youtube.com/watch?v=Dqabs9xysYA> (17 minutes) – history of health care reform
3. <https://www.youtube.com/watch?v=vju70l6qSKk> (4.5 minutes) – basic overview of ACA
4. [https://www.youtube.com/watch?v=A4-pklsDT\\_Q](https://www.youtube.com/watch?v=A4-pklsDT_Q) ( 5 minutes) - basic health insurance process
5. Speakers – potentially Navigator from Wellness Center (1777), an Insurance Agent to discuss life insurance and/or Other insurances

#### **TIME:**

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50 minute



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EVALUATION

**On a scale of 1 to 5, with 1 being least confident and 5 being most confident, please circle one per question.**

*Not Confident*

*Very Confident*

Please rate how confident you are in understanding the difference between Indian Health Service, US Government Treaty for free health care for Indigenous people, and the Affordable Care Act.

1                                  2                                  3                                  4                                  5

Please rate how confident you are in contacting to a Navigator to assist yourself in reviewing the Health Insurance Market Place.

1                                  2                                  3                                  4                                  5

Please rate how confident you are assessing rewards and barriers of purchasing Life Insurance, based on your personal situation.

1                                  2                                  3                                  4                                  5

Please rate how confident you are in knowing how to identify your need for other insurances such as Cancer Insurance, Rental Insurance, Travel Insurance, or Mortgage Insurance.

1                                  2                                  3                                  4                                  5

***New things I learned or understand better because of the lesson***

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***Comments***

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