

# The value of protection



We all need to cover monthly expenses - rent or mortgage payments, bills and day-to-day living. It's important to think about the impact of a loss of income due to accident, illness or even death.

**The average UK household\* spends £2,087 a month.**



**£263**  
**Transport\***



**£300**  
**Food and non-alcoholic drink\***



**£367**  
**Housing (net)<sup>1</sup>, fuel & power\***  
(water, gas, electric)

Figures taken from the ONS Family Spending in the UK Report: April 2019-2020. Contains public sector information licensed under the [Open Government Licence v3.0](#). \*Based on 2.3 people per household. <sup>1</sup>Excluding mortgage interest payments, council tax and Northern Ireland rates.

43% of UK households would struggle financially if the main earner was unable to work for 6 months due to illness or injury<sup>2</sup>.

<sup>2</sup> Lightspeed/Mintel from the Mintel Report: UK Income Protection Report 2022

## Have you thought about how you would pay your rent or mortgage if you became ill or injured and were unable to work?

### Protection could help you improve your financial resilience.

#### Income protection

Gives you an income if you can't work due to illness or injury during the policy term.

#### Critical illness

Pays a lump sum or regular income if you're diagnosed with a defined critical illness during the policy term.

#### Life insurance

Pays a lump sum or regular income if you die during the policy term.

You will need to make regular payments for these types of protection policies. If you stop payments or cancel the policy, you won't be covered and you won't get any money back. There is no cash-in value at any time.

**Please speak to your adviser to find out more about the value of protection.**

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