WEALTHCARE FINANCIALS

Income Protection Checklist for Medical Borrowers

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This checklist is designed to help you have an informed conversation about protecting your earning ability — one of your most valuable financial assets as a healthcare professional.

Understanding Your Exposure

- A working person has roughly a 1-in-4 chance of experiencing a disability before retirement, according to the Social Security Administration.
- Yet fewer than half of working Americans carried disability insurance as of 2025, according to the 14th Annual Guardian Workplace Benefits Study.
- A disability doesn't have to be permanent to disrupt loan repayment, housing costs, and practice overhead.

Questions to Ask About Your Current Coverage

- Do I have any disability coverage today — and if so, is it tied to an employer I might leave?
- Does my policy define disability based on my specific medical or dental specialty, or a broader standard?
- Would my benefit amount realistically cover my debt obligations, living expenses, and practice costs?
- Is my policy cancelable, or is the coverage guaranteed to continue as long as I pay premiums?

Timing Considerations

- Individual disability insurance is typically easier and less expensive to obtain earlier in your career, before health changes occur.
- Residents and fellows at qualifying institutions may have access to programs that allow coverage without individual medical underwriting — worth exploring before you finish training.
- Policies obtained during residency sometimes carry discounts that can remain with the policy long-term.

A Good Next Step

A disability insurance specialist who works with physicians and dentists can review your current coverage, identify gaps, and walk through options that fit your situation — without any obligation to purchase.

Referred by your lender to: Kris Schwartz, Wealthcare Financials — an agency of The Guardian Life Insurance Company of America. Reach out to start a no-pressure conversation.

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