WEALTHCARE FINANCIALS

Residency May Be Your Best Window to Lock In Disability Coverage

Why Training Is Often the Right Time to Think About Income Protection

Residency and fellowship are demanding enough without adding financial complexity. Yet for many physicians and dentists, this period turns out to be the most advantageous time to secure individual disability insurance — not because training is easy, but because of how certain group programs are structured.

What Is a GSI Program?

Guaranteed Standard Issue (GSI) programs are arrangements available at participating institutions that allow residents and fellows to obtain individual disability insurance coverage without going through medical underwriting. In plain terms: you typically do not have to answer health questions or submit to a physical exam to qualify.

That matters because individual disability insurance obtained outside of a GSI program does require full underwriting. A health history that raises questions — even something relatively minor — can lead to exclusions, higher premiums, or a declined application. During training, many residents are still in good health and have not yet accumulated years of medical records that underwriters might scrutinize.

The Resident Discount That Can Follow You

GSI programs often include a resident discount on premiums. In many cases, that discount is structured to remain with the policy for life — meaning the favorable rate you lock in during training may stay in place as your income grows well beyond residency levels.

The Underlying Policy: Provider Choice

The individual disability insurance policy available through Guardian's GSI program is called Provider Choice, issued by Berkshire Life Insurance Company of America, a Guardian company. Key policy features include an enhanced own-occupation definition of disability, a noncancelable structure, and guaranteed renewability to age 65 or 67. These are contractual provisions worth understanding before you need to rely on them.

Context Worth Knowing

The Social Security Administration has noted that a working person faces roughly a 1-in-4 chance of experiencing a disability before retirement. Despite that figure, a 2025 Guardian workplace benefits study found that only 43% of working Americans owned disability insurance. For physicians and dentists

A Practical Next Step

If your residency or fellowship program participates in a GSI arrangement, there may be enrollment windows that apply. Connecting with a specialist who works with healthcare professionals can help you understand whether your institution participates, what coverage options may be available, and how a policy might fit into your broader financial picture.

The content is developed from sources believed to be providing accurate information. The information in this material is not intended as tax or legal advice. Please consult legal or tax professionals for specific information regarding your individual situation. The opinions expressed and material provided are for general information, and should not be considered a solicitation for the purchase or sale of any security.

This material is intended for general use. By providing this content Park Avenue Securities LLC and your financial representative are not undertaking to provide investment advice or make a recommendation for a specific individual or situation, or to otherwise act in a fiduciary capacity.

Capitol Wealth Strategies and Wealthcare Financials is an Agency of The Guardian Life Insurance Company of America® (Guardian), New York, NY. Securities products and advisory services offered through Park Avenue Securities LLC (PAS), member FINRA , SIPC . OSJ: 901 S. Mopac Expy, Barton Oaks IV, Ste 150, Austin, TX 78746, ph# 512.651.2009 PAS is a wholly-owned subsidiary of Guardian. Capitol Wealth Strategies is not an affiliate or subsidiary of PAS or Guardian.

AR Insurance License # 15842501

Important Disclosures · Online Privacy Statement · Form CRS · Online Terms and Conditions of Use

GARI case # 9099692.1 Exp. 09/28 · © Wealthcare Financials · Capitol Wealth Strategies