WEALTHCARE FINANCIALS

Why 'I'm Young and Healthy' May Be the Best Reason to Act Now

The Logic Sounds Reasonable — Until It Isn't

For physicians and dentists early in their careers, disability insurance often feels like a problem for later. You've cleared the hardest academic hurdles of your life, you're in good health, and your income is finally starting to reflect your training. Paying premiums for something that seems unlikely feels counterintuitive.

It's worth taking that objection seriously, because the reasoning behind it deserves a closer look.

What the Odds Actually Suggest

The Social Security Administration estimates that a working person has roughly a 1-in-4 chance of experiencing a disability before retirement. That figure isn't specific to a high-risk occupation — it reflects the working population broadly. For a physician or dentist who plans to practice for several more decades, the exposure window is substantial.

Being young and healthy today doesn't eliminate that probability. In many respects, it simply means you haven't encountered it yet.

Why Health Is Precisely the Point

Individual disability insurance is medically underwritten. Carriers evaluate your health history before issuing a policy, and the terms you receive — including what conditions are covered and at what premium — reflect the risk profile you present at the time of application.

This is the part the "I'll get it later" logic tends to overlook: later may mean a different health picture. A back injury from residency, a new diagnosis, even a course of treatment that appears in your medical records can affect how an application is evaluated. Conditions that develop after you apply are generally already covered by a policy already in force.

In other words, good health isn't just a reason to feel comfortable waiting. It's an asset that can be locked in.

The Income Protection Gap Is Real

According to the 14th Annual Guardian Workplace Benefits Study, 43% of working Americans owned disability insurance in 2025. That means a majority of working people — including many professionals — are carrying the full financial risk of a disabling event themselves.

For a physician or dentist, the stakes are higher than average. Years of training translate into a specific, high-value income stream. A disability that interrupts that income doesn't just affect a paycheck; it can

What Waiting Typically Costs

Premium rates for individual disability insurance are generally based on your age and health at the time of application. Younger applicants in good health often qualify for lower rates that remain level for the life of the policy under noncancelable terms. Waiting a year, five years, or a decade doesn't pause that calculation — it moves the starting point forward.

There's no way to reclaim the premiums you would have paid at a younger age, but there's also no way to retroactively obtain coverage for an event that occurs before a policy is issued.

A Note on Employer and Group Coverage

Some early-career physicians and dentists assume that group disability coverage through an employer or hospital system addresses this risk adequately. Group coverage can provide a meaningful baseline, but it typically comes with limitations worth understanding: benefit amounts may be capped, coverage often doesn't travel with you if you change employers, and group policies generally don't carry the same contractual protections as individual policies issued on a noncancelable basis.

An individual policy — obtained while you're healthy and your income is growing — can complement group coverage or stand on its own as your situation evolves.

The Right Time to Have This Conversation

There's no universal right answer to when coverage should be obtained, and individual circumstances vary. But the factors that tend to make disability insurance most accessible — good health, a clean medical history, a young age — are most reliably present early in a career, not later.

If you've been putting this conversation off, that's understandable. Most people do. The question worth asking is whether the reasons for waiting are actually working in your favor.

Kris Schwartz at Wealthcare Financials works with physicians and dentists to evaluate their income protection needs. Wealthcare Financials is an agency of The Guardian Life Insurance Company of America.

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