



NFLPA

BENEFITS

ROADMAP

START →

1

CONTACT INFORMATION

Visit www.mygoalline.com to update your contact information

2

MEDICAL INSURANCE

Vested players provided with 5 years of additional medical & dental coverage. Call Cigna at 800.NFL.9671

3

4

DISABILITY

For information on Line of Duty, Total & Permanent or Neurocognitive Disability benefits. Call the Bell/Rozelle Plan at 800-638-3186

WORKERS' COMP

Contact the workers comp attorneys in the states that you played

5

TUITION REIMBURSEMENT & CONTINUING EDUCATION ASSISTANCE

\$15,000 per League Year for active players and \$45,000 maximum for Veterans

6

SEVERANCE PAYMENT

Automatic lump sum payment after you have been without league activity for 12 months

7

8

ANNUITY

Access at 35 or 5 years post career

GU HRA (HEALTH REIMBURSEMENT ACCOUNT)

\$25,000 per credited season 2011-2015
\$30,000 per credited season 2016-2020
Maximum account value \$350,000

9

SECOND CAREER SAVINGS PLAN (401K)

401k access at age 45 with penalty or 59.5 with none

10

BERT BELL/PETE ROZELLE NFL PLAYER RETIREMENT PLAN

Three Credited Seasons needed to receive the Normal Retirement Benefit

11

12 FINISH!

NFLPA BENEFITS DEPARTMENT

Call 800.372.2000 for detailed information on benefits

CONTINUE YOUR TRANSITION WITH A GAME PLAN

The Trust will meet you wherever you are in your transition with programs and services that are designed to help you achieve your specific goals in your life after football. Contact them today to get your custom game plan started: 866.725.0063 -- info@playerstrust.com -- www.playerstrust.com.



THE TRUST
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