

Amica *today*

SUMMER 2017

SAFE TRAVELS!

Set a good example
behind the wheel

Inside

- Summer safety tips for fire pits
- Myths and facts about lightning
- Annuities – an income for life





No phone zone

Distracted driving is becoming the leading cause of traffic accidents

Now that summer is in full swing, you're probably seeing more cars on the road. Families are traveling to vacation destinations, parents are shuttling kids to camp and everyone is taking day trips to their favorite spots.

But more cars mean more accidents, and that's why it's even more important to practice safe driving habits. According to the National Safety Council (NSC), preliminary data estimates that as many as 40,000 people died in auto accidents last year. It also means that 2016 may have been the deadliest year on our roads since 2007, says the NSC. And an alarming trend behind many of these deaths is distracted driving.

Whether it's texting, talking on the phone, adjusting the navigation system or reaching for a snack instead of focusing on the road, drivers can cause a crash, or fail to avoid one. The National Highway Traffic Safety Administration reports that texting is "the most alarming distraction" because tests show that sending or reading a text takes your eyes off the road.

6 road trip safety tips

It's important to be aware of your own driving habits and those of your family. Talk about the dangers of distracted driving – and always set a good example. Amica and the Property Casualty Insurers

Association of America (PCI) offer these six safety tips:

- 1. Plan ahead and allow extra travel time.** If you're using an electronic navigation system, check the directions before you start driving to be sure you understand where you're going. Blindly following GPS (Global Positioning System) directions can cause accidents.
- 2. Observe speed limits, including slower speeds in work zones.** Stay focused on the road and be aware of changing traffic patterns caused by increased construction during summer months.

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3. **Contain or restrain pets.** When the entire family is in the car, including pets, it is easier to get distracted. Never allow your pet to ride in your lap while you're driving.
4. **Have a plan if you're involved in an accident.** Have Amica's number, **800-242-6422**, handy at all times. You can also report a claim and check its status on Amica.com.
5. **Update your proof of insurance.** Make sure to replace any expired insurance identification cards so you can prove you have insurance in case of an accident or traffic stop. Visit Amica.com, to print your card or get an electronic version.
6. **Use safe phone habits.** If you must dial from the road, use voice-activated dialing or have a passenger make the call. Let your voicemail pick up your calls when you're driving. Don't text while driving, and if you do have to use the phone or text with someone, pull off the road to a safe location first.

Finally, always wear your seat belt. Whether you're headed for a weekend getaway or just running errands around town, don't get on the road until everyone in the car is safely buckled up.



Talk to teens about 5toDrive

Vehicle crashes are the leading cause of death for teens in the U.S., according to the National Highway Traffic Safety Administration (NHTSA), and the number has risen more than 10 percent since 2014. Teens are also four times more likely than adults to get into crashes or near-crashes when talking or texting on a smartphone.

Parents play an important role in influencing their teens' choices while driving. That's why

the NHTSA launched its education campaign called **5 to Drive** to help parents discuss essential rules of the road with their teens.

Visit www.safercar.gov/parents/teendriving for more helpful information and resources.

To help teens stay safe behind the wheel, Amica and PCI suggest asking them to remember these important rules:

Clip and save

5 to Drive

1. **No drinking and driving.**



2. **Buckle up.** Every trip. Every time. Everyone.



3. **Eyes on the road, hands on the wheel.** All the time.



4. **Stop speeding** before it stops **YOU**.

5. **No more than one passenger** at any time.



Feeling at home with property insurance



Understanding your policy and coverages will help you to feel more secure knowing that you, your home and your possessions are protected.

In the winter *Amica Today*, we outlined some general insurance concepts and key terms. This time, we're looking at the main parts of your homeowner policy.

A typical policy has 2 sections

Section I provides four categories of coverage:

1. **Dwelling** – This part provides protection against losses that damage the structure of your home.
2. **Other Structures** – This pertains to structures on your property that aren't physically attached to your dwelling, such as a shed, a fence or a detached garage.
3. **Personal Property** – This pertains to the possessions that you'd take with you if you were to move.
4. **Additional Living Expenses** – This part protects you against increased expenses you may incur if a covered loss makes it necessary for you to move out of your home.

Section II provides protection if a claim or lawsuit is brought against you due to bodily injury or property damage that you may be responsible for. A loss that could be covered by Section II is an injury resulting from an accident that occurs on your property, such as someone slipping and falling on your driveway.

Within both Section I and Section II, you'll find additional details about the types of losses that are covered and those that are not. The policy also outlines definitions, special limits for certain losses, conditions and your responsibilities should a loss occur.

Depending on the type of property you have, you may not require all of the coverages outlined above. It's important to know that there are different types of homeowner policies available based on the type of property you want to insure. Whether you rent an apartment, own a condo in a building along with others or own a home, we can work with you to find the best policy to fit your specific needs.

We hope this information was helpful in providing you with greater understanding of property insurance. In our next issue, we will take a closer look at the auto policy. Remember, we're here if you have questions.

Hurricane season is here – are you prepared?



Many of us are deep into those lazy, hazy days of summer, but it's important to remember that it's also peak hurricane season.

If a storm is on its way, here are a few things you can do to stay safe and minimize storm damage:



Fill your **gas** and **propane** tanks.

Trim **trees** and **limbs** to keep you and your property safe.



Bring **lawn furniture, trash cans** and **toys** inside.



Cover **windows** with **5/8-inch plywood** that's cut to fit and ready to install to reduce property damage.

Refill **prescriptions** and **get cash** from ATMs.



Charge your **cellphone** and other **electronics** in case you lose power.

Park your car in a **safe location** to protect it from wind and flying debris.



Fill sinks, tubs and clean containers with **water**.



Put together or restock your **disaster kit**.

Visit [Amica.com/stormcenter](https://www.amica.com/stormcenter) for more tips to help keep you safe before, during or after a hurricane.

Enjoy safe summer nights around the fire

Fire pits and outdoor fireplaces have become popular additions to backyard living spaces. Gathering around the fire is fun, and helps to keep pesky bugs away.

But remember – any kind of open flame can be dangerous. It's important to know what precautions to take. That's why we're sharing this information from the U.S. Fire Administration.

- **What type of fuel should I use?**

Use only dry wood when building fires. Never use flammable liquid to start a fire, and never burn cardboard, trash or other debris.

- **How big should a fire in a fire pit be?**

There's no reason to build a big fire. Small fires burn out completely, produce less smoke and are easier to put out.

- **Where is the safest area in a yard to have a fire pit?**

Fire pits should be at least 15 feet away from homes, shrubs and bushes, trees and any other buildings or flammable materials. Also, be sure to keep a three-foot safe zone around open fires at all times.

Check local zoning laws for specific restrictions before installing a fire pit.

- **What should I do with the ashes?**

Always allow ashes to cool before disposing of them. Saturate them with water to ensure that the fire is fully extinguished. Place the cooled ashes in a tightly covered metal

container and keep it at least 10 feet away from structures. Never empty ash directly into a trash can.

- **How should I maintain a fire pit?**

Make sure to clean the fire pit after every use. Keep the fire pit clear of debris and buildup, and dispose of ash properly. Before using it again, check the area for flammable material and remove it.

Check out our **Amica Insurance YouTube channel** for more fire pit safety tips.



Striking down 4 common myths about lightning

Most lightning occurs during the summer months, so it's time to clear up some often-heard misconceptions about lightning. The National Oceanic and Atmospheric Administration's (NOAA) Lightning Safety website (www.lightningsafety.noaa.gov) offers lots of helpful information about this misunderstood weather occurrence.

1. Myth: If you're outside during a thunderstorm, bending over or lying flat on the ground can decrease your risk of being struck by lightning.

Fact: You're not safe outdoors when lightning is in the area. Bending over or lying down will not make you safer. Instead, take refuge in a building or hard-topped vehicle.

2. Myth: Lightning never strikes twice in the same place.

Fact: Lightning strikes tall, pointy, isolated objects – like the Empire State Building in New York City – repeatedly.

3. Myth: Rubber tires on a car protect you from lightning by insulating you from the ground.

Fact: Most cars do provide protection, but because of the metal roof and sides, not tires. Open vehicles and fiberglass exteriors don't offer this.

4. Myth: You're safe from lightning if you're inside.

Fact: Indoors is the best place to be during a storm, but remain cautious around corded phones, electrical appliances, wires, TV cables, computers, plumbing, metal doors and windows.

Amica encourages you to consider ways to reduce lightning damage to your property by installing a lightning protection system or using surge protectors.

If you have questions about your coverage, call us at **800-242-6422**. We're here to help.

Retirement – 10 Tips for Baby Boomers



Retirement means different things to different people. However you define it, the Insured Retirement Institute (IRI) projects that boomers will retire at a rate of 10,000 per day at least through 2030.*

Amica Life and the IRI offer these 10 helpful tips:

- 1. Make a list of your income and expenses** – To give yourself a good starting point to address your future money needs, create a financial plan that lists all of your current monthly income and expenses.
- 2. Learn more about investing** – Get help from a financial expert or enroll in local continuing education classes about managing your money.
- 3. Pay attention to Social Security** – If you plan to continue working past your normal retirement age but still want to get all of your benefits, be aware of Social Security rules regarding differing amounts of benefits, which are based on the age you start receiving payments.
- 4. Consider early or late retirement** – Each has its own pros and cons, and everyone's situation will be different. For example, if you take your Social Security benefit before full retirement age, you can collect it for a longer time; however, your benefit will be reduced. You can also increase your benefit by delaying the start date, up to age 70.
- 5. Moderate your financial risks** – You might not have many working years left to recover from market dips, so you'll want to know that much of your principal is safe and that your money will last. Speak with a financial professional about your portfolio of investments to determine what your ideal mix is as

you approach and advance through retirement. This could be the perfect time to consider an annuity with a guaranteed interest rate.

6. **Reduce expenses before you stop working** – Practice stretching your budget and reducing expenses to get an idea of what it will be like living on a smaller budget.
7. **Stay healthy** – For many boomers, continuing to work will be the best option to sustain a stream of income – so you'll need to stay active. Whether it's eating properly or going for a walk every day, take steps to preserve your health and quality of life.
8. **Understand your longevity** – You can use an online life

Average retirements can now last 25 years or longer

expectancy calculator or just consider your family history. Ask yourself some basic questions to prepare yourself

financially and ensure that you don't outlive your assets.

9. **Start building a life for yourself outside of work** – Take ballroom dancing or cooking classes, join a book club or take up a new fitness activity. Whatever you enjoy doing, it's important to continue building relationships with others.
10. **Envision your ideal retirement** – Average retirements can now last 25 years or longer, so make sure this new chapter is filled with things that make you happy. Thinking positively about your plan helps ensure that this will be an exciting new time in your life.

The missing piece to your retirement plan

Sorting through your retirement options can feel like a puzzle. You're trying to fit all the pieces together to continue living comfortably. But there may be something missing. If you're looking for a safe way to help ensure you won't run out of money after you retire, Amica Life can help you.

Annuities are an easy and secure way to plan for the next chapter of your life. They accumulate tax-deferred earnings while you're working, then can provide a guaranteed stream of income once your retirement begins.* In addition, Amica Life annuities offer:

- **Smart tax-deferred earnings** – You may accumulate more money than you could in a taxable account earning the same interest rate.
- **Proven performance** – Funds are conservatively invested for growth and we've consistently offered a competitive yield.
- **No additional administrative fees** – No front-end sales charges, service fees or annual administrative costs.
- **Easy, flexible payout** – You can choose the contribution options and manage your payouts to meet your circumstances. If this is an IRA, you can use our IRA annuity to meet the distribution requirements.

Answers to your questions about annuities

Why do I need an annuity?

Many people are looking for another way to supplement their savings with a source of income that can support a comfortable retirement lifestyle. An annuity can help you by providing steady income.

How does an annuity compare to a CD?

With an annuity, you may accumulate more money, at the same interest rate, than with



CDs because your earnings are tax deferred and compounded over time.

What is a non-qualified annuity?

It's a great way to create a sum of money for later use. This retirement vehicle adds to any employer plan such as a 401(k) or IRA that you may have. You can earn a competitive current interest rate while your funds are securely invested and guaranteed by Amica Life.

Is there more than one type of non-qualified annuity?

Your first option is a **Single Premium Deferred Annuity**. This allows you to make contributions within the first year, with a minimum initial contribution of \$5,000. Then you can use these tax-deferred funds later for lifelong distributions.

Another option is the **Flexible Premium Deferred Annuity**. Opened with a minimum \$50 contribution, this annuity brings convenience, allowing you to contribute as frequently as you want, within certain limits, while also accumulating tax-deferred funds over the long-term period of your choice.

Discover a safe, smart plan for your retirement. See how we can help you secure your financial future.

Call **800-234-5433** to speak with one of our Amica Life specialists today.

*Distributions from an annuity before you attain age 59½ can result in a 10 percent federal income tax penalty.

Our retirement products may not be available in all states.

Guaranteed returns are based on the claims-paying rating of your insurer. Fixed annuities are not insured or guaranteed by any agency that insures deposits.

*"Boomer Expectations for Retirement," IRI, 2016 (www.myirionline.org)



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Choose a coast – and run with us this fall!



Whether you're an advanced runner or looking for a pleasant jog and walk, this race offers an amazing scenic route!



We're marking our 10th year as title sponsor of this popular Thanksgiving weekend race. Your whole family will enjoy this event!



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