

Your money Your future



Financial Planning Newsletter - Edition 3, 2012

Are you fully covered?

Who would look after your family if you were injured, or even died?
How would your family cope if you lost your income?

Given the risks we face 24 hours a day, 7 days a week, personal insurance can prove invaluable.

Many of the comprehensive insurance products available these days can provide cover when you need it most:

- **Life insurance** helps your dependants cope financially after you die. The lump sum payment can be used to help pay off the mortgage, funeral costs and other debts.
- **Trauma recovery insurance** can help you cope financially with the effects that a trauma would have on your life, removing the financial stress and paying for any changes you may need to make to your lifestyle. Your lump sum payment can also pay for recovery costs, including rehabilitation, home modifications and a carer.
- **Total and permanent disability coverage** provides you with a lump sum payment to help you cope financially with a total and permanent disability.

- **Income protection insurance** can help you meet your living expenses if you have to stop work due to illness or injury. With payment of up to 75 per cent of your income, you can continue to meet your financial commitments and pay for other day-to-day expenses.
- **Business expenses insurance** can help your business cope financially with your inability to earn an income because of sickness, or injury. The regular payment your business receives during the agreed period can help pay for employee salaries, business loan repayments and the day-to-day running of the business.

For more information on obtaining the right insurance, please call us today. We can help you determine the type of insurance and the level of cover that's appropriate for your circumstances and lifestyle.

Did you know:

- When it comes to heart attack, stroke and other cardiovascular diseases, the most recent Heart Foundation statistics show that cardiovascular disease affects more than 3.5 million Australians. According to the Heart Foundation, 1.4 million Australians are prevented from living a full life because of disability caused by the disease.*
- Over 60 per cent of cancer patients will survive for more than five years after diagnosis, during which time the need for financial protection will be paramount.**

* Heart Foundation, 2008, (http://www.heartfoundation.org.au/Heart_Information/Statistics.htm)
** 2 Cancer in Australia 1998. Australian Institute of Health and Welfare



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Be SunSmart. Don't become a skin cancer statistic.

Skin cancer is the most common cancer diagnosed in Australia. As summer approaches, be sure to take extra precautions to protect you and your family against sun damage and skin cancer.

The statistics

Australia and New Zealand have the highest rates of skin cancer in the world, according to the Australian Cancer Council. More than 430,000 Australians are treated for skin cancers each year and around 10,500 of these are diagnosed as new cases of melanoma. Each year, approximately 1,600 Australians die as a result of melanoma and non-melanoma skin cancer.

How to protect against skin cancer

Be SunSmart. Protect yourself against sun damage and skin cancer by using a combination of the five Slip, Slop, Slap, Seek and Slide steps:

- 1 Slip on sun-protective clothing:** Wear long sleeve, high collared clothing made from closely woven fabric like cotton or linen. When swimming, opt for materials like lycra which retain their sun protection abilities when wet.
- 2 Slop on SPF 30+ sunscreen:** Use broad spectrum, water-resistant sunscreen and remember to apply it liberally to clean, dry skin 20 minutes before going outside.
- 3 Slap on a hat:** Broad brimmed, legionnaire and bucket-style hats provide the best protection for your face, neck, nose and ears – all common sites for

skin cancers. Caps and visors do not provide adequate protection. Remember hats will not protect you from UV radiation reflected from things like sand, water and snow, so wear sunglasses and sunscreen to increase your level of protection.

- 4 Seek shade:** Make use of trees and built structures, or bring your own. Staying in the shade is an effective way to reduce your sun exposure, but remember to use other forms of sun protection to avoid reflected UV radiation.

- 5 Slide on some sunglasses:** Choose close fitting, wrap-around sunglasses which meet the Australian Standard AS 1067. Sunglasses and a broad brimmed hat worn together can reduce UV radiation exposure to the eyes by up to 98 per cent. Sunglasses are as important for children as they are for adults.

Remember to take extra care if you're outside between 10am and 3pm, as this is when UV radiation is most intense.

If you have a lesion that doesn't heal, or a mole that has suddenly appeared, changed in size, thickness, shape, colour or has started to bleed, ask your doctor for a skin examination. Treatment is more likely to be successful if skin cancer is discovered early.

To find out how to protect you and your family from the financial impact of a cancer diagnosis, please contact our office.