



NFLPA

FORMER PLAYER

SERVICES

RESOURCE BOOK



WELCOME TO THE FRATERNITY

WHO WE ARE

We are “One Team” built around a fraternity of former players who are aligned, connected and engaged, working together in life beyond football.

OUR MISSION

The mission of the NFLPA Former Player Services Department is to assist former NFL players in their transition from the playing field into life after football, empower them to improve their quality of life and encourage them to positively impact the communities in which they live.



FORMER PLAYERS STAFF

Nolan Harrison, Senior Director

Nolan.Harrison@nflpa.com

(202) 756-9157

Lorenzo Kaufman, Senior Manager

Lorenzo.Kaufman@nflpa.com

(202) 756-9167

Janice Jackson, Meeting Manager

(202) 756-9163

Kate Bell, Membership Programs Coordinator

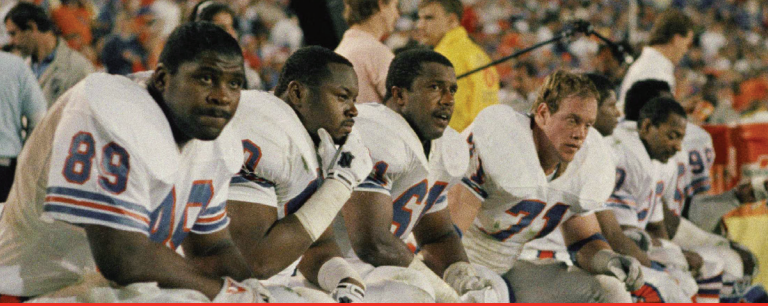
(202) 756-9140

Terran Foster, Membership Services Coordinator

(202) 756-9165

Caitlin Arneson, Membership Services Coordinator

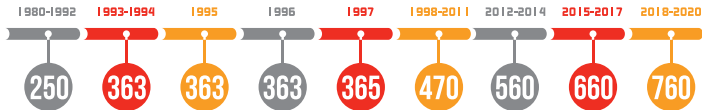
(202) 756-9132



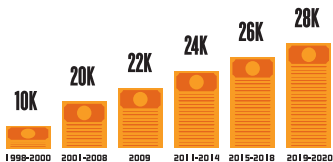
CBA BENEFIT INCREASES: 1980-2020

A LEGACY OF FIGHTING FOR FORMER PLAYER BENEFITS

BERT BELL/CREDIT PER CREDITED SEASON



401K MATCH/2:1

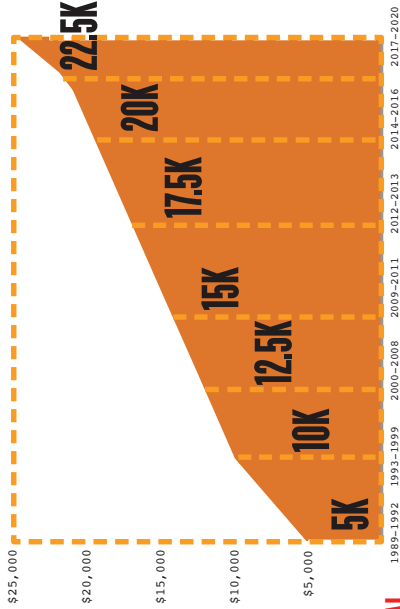


PLAYER ANNUITY PROGRAM

MAXIMUM CONTRIBUTIONS AFTER
FOURTH CREDITED SEASON IS EARNED



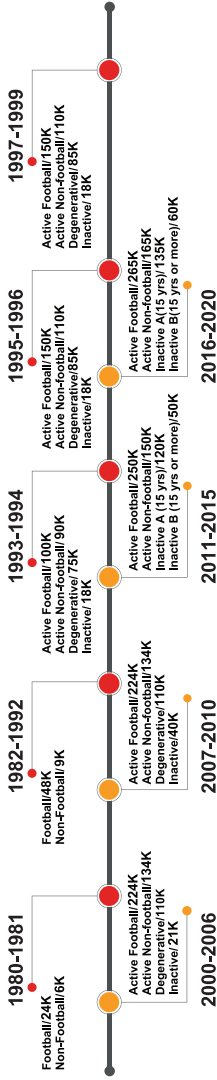
SEVERANCE PER CREDITED SEASON



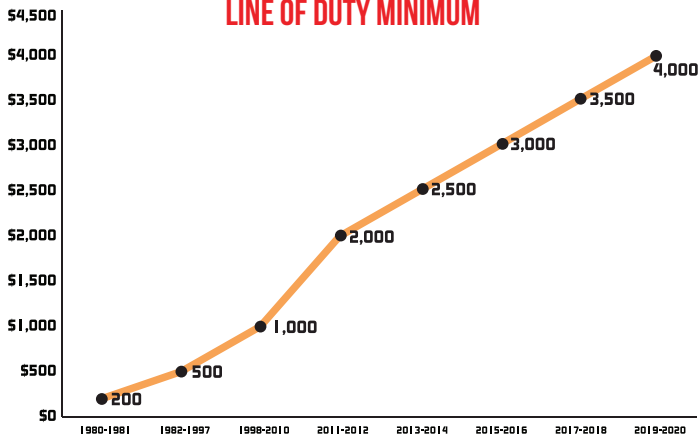
LEGACY BENEFIT/2011 CBA

The Legacy Benefit Credits are \$108 per Credited Season earned for 1975-1992 and \$124 per Credited Season earned before 1975.

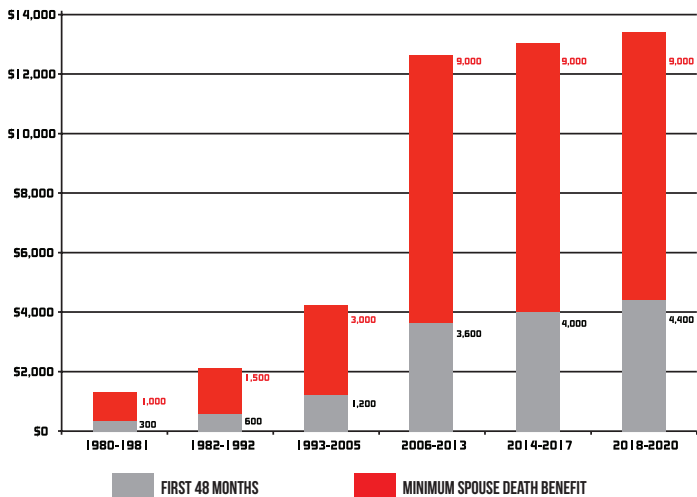
TOTAL AND PERMANENT DISABILITY - ANNUAL



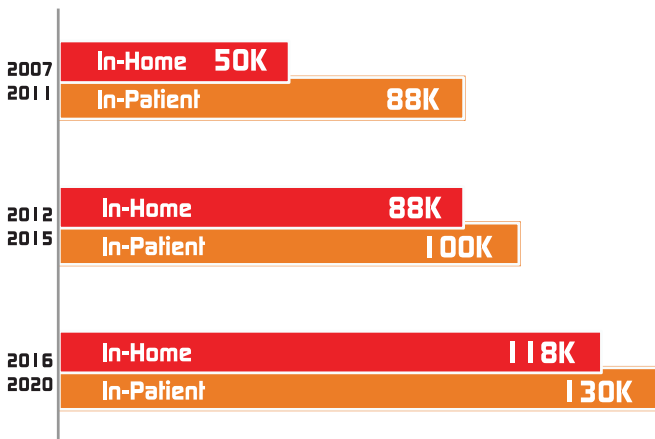
LINE OF DUTY MINIMUM



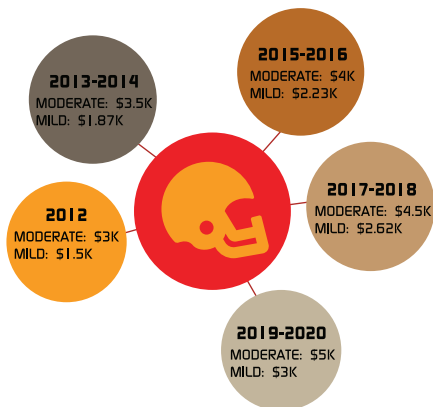
SPOUSE DEATH BENEFIT



88 PLAN



NEURO-COGNITIVE MINIMUM BENEFITS



WHERE TO START YOUR TRANSITION



The Trust focuses on your unique needs and is here to serve you.

The Trust is an organization committed to a former player's well being. With customized gameplans, The Trust meets each former player where he is in his transition. Through partnerships they provide access to career, medical, nutrition, entrepreneurial and continuing education services -- all benefits you earned.

Learn more about The Trust's programs and services:

<http://playerstrust.com/booklets/the-keys-to-a-successful-transition>

To get enrolled, contact The Trust directly:

Phone
(866) 725-0063

Email
info@playerstrust.com

Website
www.playerstrust.com



THE TRUST'S SERVICES



**BRAIN
AND BODY**



**PERSONAL
INTERACTION**



CAREER



LIFESTYLE



EDUCATION



FINANCIAL

BENEFITS



NFL PLAYER BENEFITS

Log in to NFLPlayerBenefits.com

We've created a new easy to understand and use benefits site based on your input and feedback.

Once you log in you will have access to:

- Your financial, health, disability, and career benefits information
- New tools and resources to help you understand your retirement benefits better
- The ability to update beneficiaries and apply for benefits online
- All the support resources you need

Call the plan office at 800-638-3186 if you have any questions.

NFLPA BENEFITS DEPARTMENT

The Benefits Department assists in the negotiation, design and administration of NFL player benefits.

The mission of the Benefits Department is to empower past, present and future NFL players with the knowledge of their benefits in order to make informed life stage decisions.

Miki Yaras-Davis, Senior Director
(202) 756-9151

Bethany Marshall, Director
(202) 756-9154

Chris Smith, Assistant Director
(202) 756-9152

Adora Williams, Senior Benefits Manager
(202) 756-9153

Brian Francis, Manager
(202) 756-9155

Zaire Sadiki, Associate
(202) 756-9159

 NFLPABenefits@nflpa.com





PROFESSIONAL ATHLETES FOUNDATION

In 1990, the NFLPA Executive Director Gene Upshaw recognized that the transition from football could be a challenge for former players. The Professional Athletes Foundation was founded to support former player in need of emergency assistance by making available resources from the Gene Upshaw Players Assistance Trust Fund (GUPAT). Since its creation over \$14 million has been granted to former players in need.

The GUPAT assists former players who are facing financial hardship due to unforeseen crisis, unaffordable medical situations and undergraduate degree completion for players with less than two credited seasons.

PAF STAFF

Andre Collins, PAF Executive Director
(202) 756-9162

Caryl Banks, PAF Manager
(202) 756-9161

Tyrone Allen, PAF Director
(202) 756-9163

Leslie Isler, PAF Coordinator
(202) 756-9140

Laura Stefanow, PAF Assistant
(202) 756-9168

 professionalathletesfoundation@nflpa.com

 yourpaf.com

 [@YourPAF](https://twitter.com/YourPAF)



REAL QUESTIONS. REAL ANSWERS. REAL TALK.

Your Mind, Your Body, Your Health

“Your Mind, Your Body, Your Health” is here to provide the members of our extended NFLPA family with the tools needed to achieve a healthy lifestyle, both physically and mentally. This unique community encourages an open dialogue on pressing issues in the sports industry, including CTE, concussions and mental health.

By debunking common myths and providing a platform to tell real stories, we aim to equip our current and former members and their families with the knowledge needed to tackle tough subjects in the world of sports. We hope to connect you with resources that will empower you and your family to live the healthiest life possible.

www.NFLPA.com/yourhealth

National Suicide Prevention Hotline 800.273.8255

NFLPA Get Help Hotline 877.363.8062

NFL Lifeline 800.506.0078



MEMBERSHIP REWARDS

Your membership to this great fraternity of men is FREE. You have already earned all that comes with being part of this distinguished group of players.

CAREER TRANSITION SERVICES FOR PLAYERS WITH LESS THAN TWO CREDITED SEASONS

We have partnered with Lee Hecht Harrison to offer a one month transition coaching program to help our players with a career assessment, resume building, interviewing skills and many other tools for a successful transition or even a second career transition.

Take advantage of free membership to the YMCA to maintain a healthy lifestyle.



The Player Care Foundation

(PCF is an independent organization dedicated to helping retired players improve their quality of life. PCF addresses all aspects of life by providing programs and assistance with medical, mental health, financial, social and community issues.

Call (800) 635-4625 for more information.



Union Plus - As an NFLPA member, additional benefits and resources are available to you through Union Plus.

Visit unionplus.org/NFLPA for more information.



Working America - If you and your family do not have health insurance, the NFL Players Association (NFLPA) is proud to recommend Working America Health Care. Former players can find the lowest available rates and investigate if they qualify for even lower costs based on income.

A personal health care advocate will help you coordinate your care, resolve claims and answer question about coverage.

Toll-free: (855) 907-8683

Toll-free for players in Oregon or Washington state: (800) 560-7114

For more information, go to:

www.WorkingAmericaHealthCare.org/NFLPA

BENEFITS ROAD MAP

START



1

CONTACT INFORMATION

Call the Former Player Services Department at 800-372-2000 and visit mygoalline.com to update your contact information

7

GU HRA (HEALTH REIMBURSEMENT ACCOUNT)

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

6

SEVERANCE PAYMENT

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

8

ANNUITY

Access at 35 or 5 years post career

9

SECOND CAREER SAVINGS PLAN (401K)

401k access at 45 with penalty or 59.5 with none

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.

2 MEDICAL INSURANCE

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

3 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

4 DISABILITY

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

10 BERT BELL/PETE ROZELLE NFL PLAYER RETIREMENT PLAN

Three Credited Seasons needed to receive the Normal Retirement Benefit

11 NFLPA BENEFITS DEPARTMENT

Call 800.372.2000 for detailed information on benefits

FINISH



12 FIND A LOCAL CHAPTER

Check-out NFLPA.com/former-players/ former-player-chapters to network with former players in your area.

NFLPA FORMER PLAYER CHAPTERS

We encourage all former players to connect with their local chapter. The FPSD places former players in chapters that are close to where they live so that they can start receiving information about upcoming events and charitable activities.

The FPSD works to insure that our chapters are places where former players, from all eras, can connect with their brothers, network and share community and business resources.

Visit or go to:

www.NFLPA.com/former-players/former-player-chapters



BUSINESS DIRECTORY

Former players across the country have diverse talents and work in diverse fields. Log on to NFLPA.com and go to the former players page to search for players in your field or another field to network and support each other in business. If you would like to be included in the business directory be sure to update your information on the site.

DISCOUNTS

At more than \$2,500 in value annually, the NFLPA Lifetime Membership gives participants access to exclusive perks:

- Save money on car rentals and car services.
- Book discounted hotel accommodations from Miami to Malaysia (per availability).
- Purchase flower bouquets and houseplants for yourself or loved ones at reduced cost.
- Stay in shape (or get in shape) with a free membership to the YMCA.
- Buy official sports apparel and elite golfing equipment at 20-40% off ticketed price.
- ...and much, much more!

Go to

www.NFLPA.com/former-player/membership-discount-programs
to take advantage of these great perks.



EVENTS

The FPSD is committed to providing opportunities for our former players to connect, network and grow. We fund four local meetings per year for our chapters. One of these is called a “Chapter Meetup” where FPSD staff puts on the event and are on hand to answer any questions and concerns of the chapter members as well as educate the members about any important former player business from the NFLPA.

The FPSD holds a national event every year called the NFLPA Former Players Convention. This meeting is three days filled with great fun, entertainment and educational programming so that former players come away enriched by the experience. There is also a “Joint Day” where the current player board of player reps meeting overlaps with the convention providing an opportunity for current and former players to network and connect.

The FPSD also produces other former player meetings during the year geared towards education and development.



**“ANYONE CAN JOIN A CLUB
BUT ONLY A PLAYER CAN JOIN
THIS FRATERNITY”**

FOLLOW US



[@nflpaformerplayers](https://www.instagram.com/nflpaformerplayers)



[@NFLPAFmrPlayers](https://twitter.com/NFLPAFmrPlayers)



[@NFLPA Former Players](https://www.facebook.com/NFLPAFormerPlayers)



NFLPA

**FORMER PLAYER
SERVICES**

**1133 20th Street NW
Washington, DC 20036
800.372.2000 | WWW.NFLPA.COM**