

Please use ink. Signature and all entries must be legible.

CHANGE OF BENEFICIARY AND / OR SETTLEMENT OPTION

List full name of owner and complete mailing address below: *(print)*

Owner _____

Owner SSN _____

Member** _____

Member SSN** _____

Insured** _____

Insured SSN** _____

*** Complete only if different from Owner*

Benefit Plan Number(s):

For Family Plan: Specify the insured for which this change applies. To change beneficiary designations for both member and spouse on a Family Plan, use separate forms.

This change applies to all coverage unless indicated otherwise.

Please read "IMPORTANT INFORMATION AND INSTRUCTIONS" on reverse before completing form. Certificate of Membership not required for change of beneficiary.

BENEFICIARY DESIGNATION AND SELECTION OF SETTLEMENT OPTIONS

For EACH beneficiary, give the complete name, relationship to you, Social Security number, date of birth, address (attach a separate sheet, if necessary) and option (how payable). For a trust, please include the name and date of the trust, or indicate that the trust will be created in your will. If Option 2 is selected, show number of years; if Option 3 is selected, indicate the number of years; if Option 4 is selected, show number of years certain.

COMPLETE NAME OF EACH BENEFICIARY (If married woman, provide her first and middle name and surname used)	RELATIONSHIP OF EACH TO INSURED	SOCIAL SECURITY NUMBER	DATE OF BIRTH	PRIMARY / CONTINGENT (Circle one)	OPTION FOR EACH (1, 2, 3, 4)
1.				P C	
2.				P C	
3.				P C	
4.				P C	

SPECIAL INSTRUCTIONS: Additional forms and information may be obtained at www.navymutual.org/MemberService.asp

- () Initial if the common disaster clause is to be applicable. A delay clause of _____ days is specified.
- () Initial if the spendthrift clause is to be applicable.
- () Initial if **primary beneficiary(ies)** are to have full withdrawal rights or right to change to any other option.
- () Initial if 'per stirpes' designation is elected for **primary beneficiary(ies)**.
- () Initial if **contingent beneficiary(ies)** are to have full withdrawal rights or right to change to any other option.
- () Initial if 'per stirpes' designation is elected for **contingent beneficiary(ies)**.

ALL PREVIOUS designations of principal and contingent beneficiaries are hereby canceled and it is directed that the benefit be paid upon my death as specified above.

OWNER _____ DATE _____
 SIGNATURE _____

FOR NAVY MUTUAL AID USE ONLY DATE _____
 AUTHORIZED SIGNATURE _____
 Recorded at Navy Mutual Aid Association

IMPORTANT: Return to Navy Mutual Aid Association

To preclude legal difficulties, change of beneficiary designations must be received and acknowledged by the Association. An executed copy will be returned to you. Please contact us if you have not received your acknowledged copy within 30 days.

IMPORTANT INFORMATION AND INSTRUCTIONS

1. BENEFICIARIES. A Member or owner may designate as beneficiary or beneficiaries an individual or individuals, any legal entity or his estate, or named person's then living lineal descendants, per stirpes. Note that if payment is to be made on a 'per stirpes' basis, this applies to the living lineal descendants of the beneficiary, not of the owner or insured. In the case of Spouse Coverage where the Member retains ownership, the designated beneficiary(ies) must have an insurable interest in the life of the insured. Unless specified otherwise, it will be assumed that when two or more primary beneficiaries and/or contingent beneficiaries are designated, they are to share and share alike or to the survivors equally or to the survivor. If no designated beneficiary survives the insured, benefit is payable to the insured's estate. Unless the Member or owner has made an irrevocable beneficiary designation, the Member or owner shall have the right at any time and without the consent or knowledge of the beneficiary to change the beneficiary. Additional forms and information may be obtained at www.navy mutual.org/memberservices.asp or by calling toll free **1 (800) 628-6011**.

2. SETTLEMENT OPTIONS. Upon notification of the death of an insured, the Association will make an amount available immediately to the primary beneficiary(ies). A Member or owner may designate settlement of the remaining benefit under the following options or any combination thereof:

OPTION 1-All or any part payable in cash and the remainder as elected by the beneficiary. If no method of payment is designated, the beneficiary will have the option of selecting the mode of payment.

OPTION 2-Payable in monthly installments for a period of one (1) to thirty (30) years. If Option 2 is selected, the number of years must be specified, otherwise payments will be made monthly for a period of ten (10) years. If withdrawal rights have been established, full or partial withdrawals of the commuted value may be requested at any time.

OPTION 3-Retained by the Association on an interest basis for a period of one (1) to thirty (30) years. Interest will be paid quarterly, and is not permitted to accrue. If withdrawal rights have been established, full or partial withdrawals of the principal amount on deposit may be requested at any time.

OPTION 4-Life income in monthly installments with payment certain for zero (0), five (5), ten (10), fifteen (15), or twenty (20) years. If Option 4 is selected, the number of years certain must be specified, otherwise payment will be made on a five (5) year certain basis. If the beneficiary should die within the certain period selected, benefits will be continued to the contingent beneficiary(ies) for the balance of the period selected. Withdrawals are not authorized under this option.

Options 2 and 4 are immediate annuities which provide a means of conserving principal and using principal and interest payments to supplement other government, Social Security and survivor benefits.

If a beneficiary is to have full withdrawal rights or right to change to any other option, this should be indicated. If a primary beneficiary has the right to withdraw all or a substantial part of the benefit, the Association reserves the right to make lump sum payment of any remaining balance to any contingent beneficiaries.

IMPORTANT!!

If the Member wishes to control distribution of the benefit beyond payment to the primary beneficiary, an election of Option 2, 3, or 4 should be considered. In the absence of such election by the Member, the primary beneficiary will acquire the right to designate contingent beneficiaries for payment of any residual benefit payable on the death of the primary beneficiary.

SPECIAL PROVISIONS

COMMON DISASTER CLAUSE: To preclude proceeds being paid to persons not intended by the insured, Members are encouraged to insert a common disaster clause in their beneficiary designation. The Uniform Simultaneous Death Act provides that "where the insured and the primary beneficiary of life insurance have died and there is not sufficient evidence that they died other than simultaneously, the proceeds of the policy shall be distributed as if the insured had survived the beneficiary." This Act does not, however, adequately resolve the question of survivorship where the beneficiary survives the insured by a very short period of time. In this case there is no question of survivorship and without a common disaster clause, the proceeds pass to the estate of the beneficiary and not the contingent beneficiaries of the insured. A common disaster clause provides that the beneficiary must survive the insured by a fixed period after the insured's death to be entitled to the proceeds. Delay clauses most frequently specify a period between 15 to 30 days.

SPENDTHRIFT CLAUSE: Most states exempt insurance proceeds from creditors of the insured, but only a few provide exemption from the claims of the beneficiary's creditors. In other states, beneficiary designations may include a clause, commonly known as a "spendthrift clause" protecting the beneficiary from claims of his/her own creditors. If desired by the Member, the following clause can be provided upon request: "Unless and except as otherwise provided herein, neither the supplementary contract nor any benefit accruing thereunder shall be transferable or subject to surrender, commutation, anticipation, or encumbrance, or in any way subject to the debts of any beneficiary or payee or to legal process except as otherwise provided by law."