

INDIVIDUAL TERM vs. GROUP TERM



55% of working adults say they have life insurance through their employer, but that's just one option.¹

When it comes to ensuring that your loved ones are protected financially, life insurance can play an important role—whether it's offered through your employer or purchased individually.



Individual term and group term life insurance both offer valuable benefits, but they work in different ways. Understanding how they compare can help you choose coverage that aligns with your needs, goals, and long-term financial plans.

Key Features and Differences

	Individual Term Life Insurance	Group Term Life Insurance
Ownership	You own and control the policy.	The group (employer) owns and controls the policy.
Portability	Typically, the policy stays with you until the term ends or you stop paying premiums. However, some carriers allow you to keep the policy after the term period for an increased premium.	Typically, coverage ends when you leave the job, but some employers allow you to take group coverage with you, often at higher premiums.
Options	Customizable with optional benefits and coverage types.	Standard policy with limited to no options.
Coverage Amount	Flexible—you can get as much coverage as you qualify for.	Limited—based on a multiple of your salary (e.g., 1–2x salary).
Cost	Varies based on your age, health, and coverage amount. It may not require a medical exam.	Typically, a portion is paid for by your employer. You pay for any additional coverage you may need. It does not typically require a medical exam.
Convertibility	May convert to an individual policy for lifetime coverage, often without additional underwriting. Conversion credits may apply.	If the policy has conversion provisions, they are often limited and may result in higher costs.



Ask Your Financial Professional

Which type of life insurance can provide the amount of coverage and customization I need to help achieve my financial planning goals?

¹LIMRA. "2025 Facts About Life Insurance." LIMRA.com. September 2, 2025.

For more information, contact your financial professional
or visit PacificLife.com

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Life insurance is subject to underwriting and approval of the application and may incur monthly policy charges.

The primary purpose of life insurance is to provide death benefit protection in the event of the insured's death.

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