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Josh tells us how being a super nerd helped a friend in need.

**Josh Rundmann, super expert:**

I worry about my friend Paul. He seems to fall off roofs a lot. Like maybe once a year. He is a builder to be fair. But still. So even though I worry about Paul. I’m also a super nerd. And I knew that Paul held insurance through his super which could cover him if he got injured and couldn’t work. So I felt less nervous about his clumsy nature.

Until Paul told me he had cancelled his insurance. I asked him why? In my head I was yelling WHHHYY! You have a wife and two small children. You fall off roofs! But I didn’t want to freak him out so I kept that part to myself. He told me he thought it was just an extra fee that his super fund was charging him. Paul was right, sort of. He was paying a ‘fee’ for his insurance in super. It was actually his insurance premium. But in return for this premium, he had Life and Total Permanent Disability cover. So if he couldn’t work because of an accident or illness, or he passed away, his cover could help look after his wife and kids money-wise. Paul’s wife doesn’t work, so without this insurance cover things could be very different.

One of the best things about insurance in super is firstly that it’s there. You might even have some cover right now. The premiums are paid from your super so there’s no extra expenses to add to your current budget. But they will reduce your super balance, so it’s important to understand what you are getting for what you are paying. And often your super fund can offer you a competitive rate for your cover. The only thing you need to do is make sure that you have cover and that your cover is enough for your life right now – especially if you have kids, a significant other or you’ve bought a home and have a mortgage.

It’s easy to check. Just go online and log in to your super account or call your super fund and they can help you out. It’s important to me to be a good friend. It’s probably something that’s important to you too. So share this knowledge with your mates. Get them to check their insurance. It’s something that can save a lot of stress for a lot of people in your life.

Oh, and just so you know Paul is back at uni. He’s changing careers. An office job this time.

Jump online and check on your insurance details today.

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