NFL Retired Player Benefits and Programs

NFL Former Player Benefits

- **NFL/NFLPA**
  - Bert Bell/Pete Rozelle NFL Player Retirement Plan
    - Pension and disability benefits
    - Offers survivor protection for wives and family
  - NFL Player Disability Plan
    - Provides Line of Duty (partial) and Total and Permanent disability benefits
  - Legacy Benefit
    - Pension benefit provided for players who played prior to 1993
  - 88 Benefit
    - Benefits for players with dementia, ALS or Parkinson’s disease
  - Neuro-Cognitive Disability Benefit
    - Benefit for players who show neurocognitive impairment
  - Former Player Life Improvement Plan
    - Joint Replacement Benefits
      - (1) Reimbursement of out-of-pocket expenses for replacement surgery; or
      - (2) Payment of cost of surgery for uninsured (through Player Care Foundation)
    - Discount Prescription Drug Benefits
      - Card which provides discounts on prescription medication
  - Assisted Living Benefits
    - Preferred access to assisted living providers
  - Medicare Supplement Benefit
    - Subsidized supplemental Medicare insurance
  - Spine Treatment Benefit
    - Specialized spine evaluation and treatment at top-tier hospitals
  - Neurological Benefit
    - Specialized neurological evaluation and treatment at top-tier hospitals
  - Vested Inactive Life Insurance Benefit
    - Life insurance coverage
  - Long Term Care Insurance Plan
    - Insurance for home care, adult daycare, or an assisted living facility
  - Gene Upshaw NFL Player Health Reimbursement Account
    - Account to be used for out-of-pocket health care expenses
  - Second Career Savings Plan
    - 401(k) savings account
  - Player Annuity Plan
    - Accounts with employer-contributed funds

- **NFL Administered**
  - NFL Health Care Information Hotline
    - Free assistance for players and their families to buy 2014 health care insurance
  - Severance Pay
    - Lump sum payment one year from date of last contract
  - Group Health Insurance
    - Medical and dental coverage for players and dependents
  - Tuition Assistance Plan
    - Reimbursement of players’ tuition payments
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NFL Programs

- **NFL Player Care Foundation**
  - **Player Grants**
    - Through an individualized case management approach PCF has distributed $7.5 million financial grants to approximately 550 players and their families for assistance with situations such as foreclosures, evictions, vehicle repossessions, funeral expenses and assorted other financial or medical obligations.
  - **Cardiovascular and Prostate Screenings**
    - Led by the Cleveland Clinic this program travels across the country to screen for cardiovascular and prostate disease and provides education and resources on mental health and neurological issues.
  - **Research**
    - Expansive studies on the physical, emotion and financial condition of NFL players
  - **Partnerships**
    - Extensive partnerships with the Cleveland Clinic, assisted living facilities, the Gridiron Greats, the NFLPA Professional Athletes Foundation, the NFLPA Trust and a variety of healthcare providers which specialize in orthopedic and neurological care.

- **NFL Player Engagement**
  - **NFL-NCAA Coaches Academy**
    - A collaboration with the National Collegiate Athletic Association which focuses on the skills needed for a successful coaching career.
  - **Boot Camp: Consumer Products**
    - Under the guidance of faculty from the University of Maryland Robert H. Smith School of Business and official NFL Licensees, participants will receive an overview of the consumer products field with a focus on business planning, product marketing, and industry trends and practices.
  - **Business Management & Entrepreneurial Program**
    - For players interested in owning, operating or building their own businesses, opportunities are available to look at realistic business scenarios and dissect opportunities they may be considering. Participating schools include the University of Pennsylvania Wharton School, Harvard Business School, Kellogg School of Management, and others.
  - **Boot Camp: Sports Journalism & Communications**
    - Hosted at Bowling Green State University, the program will allow aspiring journalists, radio broadcasters, and communications professionals to hear from and develop relationships with top sports journalists, communications professionals at college and pro teams, and Bowling Green faculty.
  - **Boot Camp: Broadcasting**
    - With the help of accomplished professionals from the NFL’s network partners, players will learn what life is like in the broadcast booth.
  - **Boot Camp: Advanced Broadcasting**
    - NFL Boot Camp: Advanced Broadcasting allows those who have successfully completed NFL Boot Camp: Broadcasting to get back in the studio with top broadcasters for additional coaching and feedback on their technique.
  - **Job Shadows / Internships**
    - Internships are available with a number of NFL partners including EA Sports, CBS Interactive, MetLife and Merrill Lynch, with an option to also work with
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employees of the NFL League Office or NFL Films in their respective departments.

- **Q5 – Total Wellness**
  - A collection of services for current and former players which includes assistance on topics ranging from adoption, child and pet care services to financial and legal help and identity theft protection.

- **Continuing Education Program**
  - Administered by the NFL Player Engagement staff, the CEP partners with colleges and universities across the country to design detailed plans to assist players in reaching their educational goals. The CEP can assist players to identify schools, provide guidance on admission requirements including graduate exams, and assist in the preparation of players’ graduate applications.

- **Bill Walsh NFL Minority Coaching Fellowship**
  - The program aims to use NFL Clubs’ training camps, offseason workout program, and minicamps to give talented minority coaches opportunities to observe, participate, and gain coaching experience that will ultimately lead to full-time NFL coaching positions.

- **Transition Assistance Program**
  - In partnership with former players and Tufts University, NFL TAP educates players and their families about essential components of transition including physical, psychological, and social changes as they prepare for their lives beyond football. This interactive program is 3.5 days in length and seeks to provide connections and resources which will last a lifetime.

**NFL Player Websites**

- [www.mygoalline.com](http://www.mygoalline.com)
- [www.NFLplayercare.com](http://www.NFLplayercare.com)
- [www.NFLplayerengagement.com](http://www.NFLplayerengagement.com)
- [www.NFLhealthcareinformation.com](http://www.NFLhealthcareinformation.com)