

Article: Financial Health

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AUDIENCE	Everyday Australians under 35 who are looking to improve their financial wellbeing but haven't yet engaged with insurance.
COMMUNICATION OPPORTUNITIES	White label content: Reinforce the connection between financial health, insurance awareness and overall wellbeing.
MESSAGE	Your ability to earn an income is your biggest asset early in your career and understanding what cover you already have is a simple first step to protecting it.
INSIGHTS	Younger Australians often don't realise they already have insurance through super, and many assume it's only relevant when you have dependants or a mortgage.
ASSOCIATED ASSET/S	N/A
CTA	Check where your insurance sits and how much cover you have through your super fund or workplace plan.

I’m under 35 – do I need life insurance? (even without a mortgage or kids)

If you’re in your 20s or 30s, protecting your income probably isn’t high on your priority list. Many people see it as something they’ll think about later — if they buy a home, have kids or build more assets.

But earlier in your working life, a financial consideration that matters is **your ability to earn an income**. And what you might not realise is that you may already have life insurance cover that protects it.

A lot of Australians get income protection insurance automatically through their super fund or employee benefits plan. But TAL research shows that many people in their 20s and 30s don’t know whether they have this insurance – or what it does.¹

WHY INCOME PROTECTION INSURANCE IS RELEVANT EARLIER THAN YOU THINK

When you’re earlier in your career, you might have:

- fewer financial buffers if something interrupts your income
- ongoing costs like rent, bills and transport
- limited savings to fall back on.

Even a short period away from work due to illness or injury can put pressure on your finances if you’re not prepared.

Serious health issues also don’t wait until later in life. Mental health challenges, injuries and unexpected illness affect people at every age — including those who are just starting out in their working lives.

WHAT MOST PEOPLE MISS

¹ TAL, *Making insurance matter: How super funds can help their members build financial confidence*. 2026.

Some younger people assume that income protection insurance is only about dependants or long-term commitments. In reality, insurance connected to work is designed to protect your income (subject to terms and conditions). If a claim is accepted, income protection offers financial support if you can't work for a period of time.

The good news is that default cover through your super or employee benefits cover provided by your employer may already be in place, but it's not always obvious unless you actively look for it.

ONE SIMPLE THING YOU CAN DO

You don't need to make changes or decisions today. A good first step is simply to understand what's already in place.

Start by checking:

- what types of life insurance cover you have – including death cover, total and permanent disability (TPD) cover or income protection – either through your super fund or provided by your employer as part of your employee benefits, and
- how much cover you currently have for each type.

That's it. Once you know those basics, insurance becomes less abstract. You're no longer guessing or assuming — you're informed.

DISCLAIMER [please add to your post]

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