

Estimate Your Human Life Value

HLV

1. What is your current annual salary or net income from self-employment?
2. What is the estimated cash value of fringe benefits you earn at work, including insurance, employer retirement plan contributions, deferred compensation or other benefits?
3. What is the estimated value of your total non-monetary contributions to your household or family, including the cost to replace the work that you do for:
 - Childcare, cooking, cleaning, shopping, budgeting, paying bills, etc.
4. Add together lines 1, 2 and 3 above.
5. What is the estimated annual income tax and payroll tax withholding on the amounts on lines 1 and 2 above?
6. How much do you estimate you spend annually on self-maintenance (i.e., your own food, clothing, recreation, personal needs, etc.)?
7. Add together lines 5 and 6 above.
8. Subtract line 7 from line 4 above. This is your "Net Annual Value to Your Family."
9. How many years until your expected retirement? _____ years
10. Use the number you indicated in question 9 to find and then enter the "Time Value of Money" factor from the table below.

The flowchart illustrates the calculation process:

- Three input boxes (Salary, Fringe Benefits, Non-monetary Contributions) are summed (+).
- Two more input boxes (Taxes, Self-maintenance) are added to the sum (+).
- The result is then multiplied by the number of years until retirement (X).
- The final result is the Human Life Value (HLV).

This is your Human Life Value (HLV)

Multiply line 8 by line 10. This HLV assumes no increase in your annual salary in the future.

A financial professional can help you determine HLV, assuming a rate of salary increase.

Time Value of Money Table									
Years	Factor	Years	Factor	Years	Factor	Years	Factor	Years	Factor
1	0.95	9	7.11	17	11.27	25	14.09	33	16.00
2	1.86	10	7.72	18	11.69	26	14.38	34	16.19
3	2.72	11	8.31	19	12.09	27	14.64	35	16.37
4	3.55	12	8.86	20	12.46	28	14.90	36	16.55
5	4.33	13	9.39	21	12.82	29	15.14	37	16.71
6	5.08	14	9.90	22	13.16	30	15.37	38	16.87
7	5.79	15	10.38	23	13.49	31	15.59	39	17.02
8	6.46	16	10.84	24	13.80	32	15.80	40	17.16

Factors indicate present value based on a 5 percent annual discount rate.