Participant Perspectives

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Gifting Appreciated Stock Can Be a Smart Planning Move

> **Gifting appreciated stock to a loved one or a charity can have valuable tax benefits.**

If you want to help out a loved one financially or support a charity that's important to you, you can always write a check. Or, if you own stock that has increased in value since you first bought it, consider gifting that stock instead. By gifting the stock instead of selling it and then giving away the cash proceeds of the sale, you will end up with valuable tax benefits. Here's how that works.

Under the 2026 federal tax code, you can give up to $19,000 each to as many individuals as you choose and these gifts will be free of federal gift taxes. If you are married, your spouse can give up to $19,000 per recipient as well. For example, if you have two children, you and your spouse can give each child $38,000 in 2026. Note that the $19,000 annual gift tax annual exclusion may be adjusted in future years for inflation.

When you gift appreciated stock, the recipient assumes your original cost basis in the securities and will only owe taxes when the shares are sold. If the recipient holds on to the stock and it continues to rise in price, your gift becomes even more valuable. As the stock rises, you avoid a potential capital gains tax liability on the stock. In this way, gifting a stock that appreciates benefits both the gift provider and the gift recipient.

GIFTS TO CHARITY

Giving a gift of appreciated stock is a tax-efficient way to make a charitable donation. When you gift an appreciated stock instead of selling it, you potentially eliminate the capital gains tax you would incur on the sale. The charity benefits from this strategy as well, as the total amount of your gift may be up to 20% greater when it's made in the form of an appreciated stock rather than cash. There are requirements involved, though: You must have owned the stock for longer than one year to claim the deduction for the stock's fair market value.

The bottom line with this approach is that you may be able to make a bigger gift to the charity and receive a larger tax deduction than if you had sold the stock, paid capital gains taxes, and donated the net proceeds.

SEEK PROFESSIONAL ASSISTANCE

Gifting appreciated stock to family or a charity can also be an effective way to reduce the size of your estate. That said, any type of estate planning typically involves an array of sometimes complex elements. A financial professional can work with your legal professional to make the estate planning process considerably easier for you.

Protect Against the Cost of Long-Term Care

> **Long-term care insurance can help conserve your assets if you need long-term care.**

It is an unfortunate reality: Whether it's due to a serious accident, a prolonged illness, dementia, or simply old age, many people have a need for long-term care at some point in their lives. The costs involved in receiving long-term care for any length of time can be significant.

According to Genworth's annual Cost of Care Survey,[1] the national median cost of a private room in a nursing home in 2025 was $10,798 a month. A semi-private room cost $9,581 a month. In-home care was also expensive — $6,673 a month for a non-medical caregiver.

The costs of a stay in a long-term care facility may be partially covered by Medicare or other health insurance under certain circumstances, but even then, only for a limited time. And Medicaid requires recipients to have limited income and assets before it will cover the costs of long-term care. As a result, many people are forced to deplete their savings and investments in order to pay for their own long-term care or for that of a loved one.

LONG-TERM CARE INSURANCE CAN BE A SOLUTION

Long-term care insurance should be on the radar of anyone who wants to preserve assets they have acquired over years. The cost of the policy will depend on your age and health when you buy it, the size of the daily benefit amount you select, and the waiting period before benefits kick in. In addition, the care setting, the geographic location of the care, and the nature of the care delivered will also factor in to the cost of a long-term care policy.

CHOOSING A LONG-TERM CARE POLICY

It's important to buy a policy that you believe will meet your future needs. Since there are numerous options and add-ons available, take some time to develop a list of what features are important to you. After reviewing several policies from different providers, you will be more informed and in a better position to decided which policy is the best fit for you.

When reviewing policies, look for a policy that:

- Is guaranteed renewable
- Has an inflation-protection feature
- Gives you the option of upgrading or downgrading your coverage
- Does not require hospitalization before benefits are paid
- Offers a premium waiver while you are receiving benefits

For additional insights on choosing a long-term care policy and other strategies for conserving your assets, consult with a financial professional.

You Are the Lead on Your Health Care Team

> **These are some active steps you can take as the lead player in your own health care.**

You can help your doctor — and every other medical professional you see — help you by taking a leading role in your own care. The fact is that you are one of the most important members of your health care team. When you do your part and take responsibility for your health, you'll improve the type of care you receive. These are the active steps that you and every adult should be taking as the lead player in your own health care.

KEEP A PERSONAL HEALTH RECORD

When you maintain an accurate, up-to-date record of your health history, you will be able to share important medical information with your health providers. Knowing your health history will empower you to ask your providers informed questions and potentially detect and rectify any discrepancies or errors in the health records maintained by your providers.

Your health history should include records of your:

- Illnesses and injuries
- Hospitalizations and surgeries
- Medications, immunizations, and allergies
- Family health history
- Health care providers' names, addresses, and phone numbers

[1] Source: https://investor.genworth.com/news-events/press-releases/detail/1054/carescout-releases-2025-cost-of-care-survey-results

BE PROACTIVE BEFORE AND DURING APPOINTMENTS

Having an intentional approach to your health care appointments can help you get the most value out of them.

- Before an appointment with a health care provider, bring a list of your symptoms. You might find it helpful to write down any questions you may have.
- If you don't understand what the provider is saying, ask for clarity. Ask the provider to repeat what was said in simpler language.
- Be willing to write down any information or instructions that the doctor gives you.
- You may want to bring a family member or friend along with you to your appointment for support or to help you articulate and ask questions about your illness or ailments.

ASK FOR MORE GUIDANCE

Your health care providers may give you specific instructions about newly prescribed medications, upcoming tests, or lab work during your visit. If you are confused about the instructions or feel that the recommended medications are not having the intended effect, contact your doctor and explain your concerns. Likewise, if you have reservations about your diagnosis, you could consider getting a second opinion from another doctor.

GET TO KNOW YOUR HEALTH PLAN

Health insurance is complex and can be confusing, but it is critical that you take the time to familiarize yourself with the details of your coverage. Determine if your doctors are covered by your health insurance. Find out the cost of co-pays for doctor visits, specialist visits, and urgent care or emergency room visits. Get to know your health plan's coverage for tests, medications, or specialist visits. If your health plan does not cover a test or a drug that you need, talk to your doctor, since there may be other options.

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