

In it together. At every stage.

Preparing you and your family for the future since 1843.

[Get to know us.](#)

Prepare. Protect.

[Get started now →](#)



Learn what's right for you.

No matter where you are in the process—whether you're doing your own research, trying to figure out what's right for you, or just want to talk to someone—there's a path for you.



Understand the basics

You can start on the path of achieving your personal and financial goals by beginning with an introductory overview. Find out more about life insurance and retirement planning.

[Learn more →](#)



Compare products

Sometimes the easiest way to learn is by seeing how things stack up. Take a closer look at some of our life insurance choices.

[Compare now →](#)



Connect with a financial professional

Our financial professionals have a wealth of experience and can clarify any questions you may have.

[Go →](#)

Meeting you
wherever you are on
your life journey.

Whether you're just starting out, juggling family and career, or approaching retirement—you can rely on our experience to help you make the right decisions.



Planning for retirement

How do you make sure that you'll have the income you need as you head into retirement? You may want to consider a policy that lets you maintain your lifestyle, helps you save, helps cover some costs for extended periods of care, or provides a stream of income when you retire.

[Learn more](#)



Getting married

When you merge your personal and financial lives, you may be figuring out how to protect each other now and in the future. You can customize a plan that evolves with you.

[Learn more](#)



Growing your family

Now is the time to consider how to protect your family and plan for your financial needs in the years to come. We can help you protect your biggest assets and can also give you access to funds if your family needs them for things like home renovations or college tuition.

[Learn more](#)

Questions people ask:

Life Insurance

When is the right time to buy life insurance? Am I too young? Too old?

Life insurance can play an important role in your financial security at any stage of life. Starting sooner allows you to save more and gives you more budget-friendly options.

How do I determine what kind of insurance is best for my life?



Connect with a financial professional

Customize a plan that works best for you.

[Go →](#)

I have a limited budget. What are my life insurance options?

Do I need individual life insurance if I'm enrolled in a plan through my employer?

Planning for Retirement

What role can insurance play in retirement?

What if my priorities change in retirement? What products can help?

Can life insurance and long term care insurance help protect my assets in retirement?

Why New York Life?

What's unique about being a New York Life client?

How do I know New York Life has my best interest in mind?

What are the benefits of working with a financial professional versus online?

Does working with a New York Life financial professional cost me anything?

Our stories

Our commitment to our clients: guidance, caring, and expertise.

Watching the magic of the financial security from a life insurance instrument be paid directly to my mother. That affected me. There's no doubt about it.

-Gib Surles, financial professional

*Cash value is accessed via policy loans, which accrue interest and reduce cash value and death benefit.

Contact Us

We're here to listen:

1 (800) CALL-NYL

1 (800) 225-5695

9a.m. – 7p.m. EST

Monday – Friday

Accounts

[Log In](#)

[Make a Payment](#)

[Service Forms](#)

[Start a Claim](#)

[New York Life Visa Credit Card](#)

New York Life

[Corporate Careers](#)

[Become a Financial Professional](#)

[New York Life Foundation](#)

[New York Life Ventures](#)

[Financial Information](#)

[Corporate Governance](#)

[Employee Login](#)

Connect with us



Sign up for New York Life emails

Receive resources & tools that can help you prepare for the future. You can cancel anytime.

Email address

Expert Guidance

WHO WE ARE

[Our Story](#)

[Our Social Impact](#)

[Careers](#)

[Newsroom](#)

LEARN & COMPARE

[Compare Products](#)

[Learn the Basics](#)

PREPARE FOR LIFE

[Getting Married](#)

[Growing Your Family](#)

[Planning for Retirement](#)

WHAT WE OFFER

[Life Insurance](#)

[Retirement Income](#)

[Long Term Care](#)

[Investments](#)

[Premier Services](#)

FOR INSTITUTIONS

[New York Life Investment Management](#)

[Bank & Corporate Owned Life Insurance](#)

[Institutional Annuities](#)

FOR DISTRIBUTORS

[Annuities](#)

[Advanced Market Networks](#)

[Group Membership Division](#)

INTERNATIONAL

[New York Life Seguros Monterrey](#)