MomLifeInsurance

FREE CHECKLIST

The family protection checklist for moms

Five sections to tick off this month

Use this sheet to see what protects your family now and what is missing. Tick a box when a line is done and write a date next to anything you still need to call about.

A. Insurance and benefits

- [ ] I know what life insurance I have through work, and the amount
- [ ] I asked HR whether it ends if I leave the job, and whether it can be converted
- [ ] I have a list of every policy I own, with the insurer and policy number
- [ ] I know the length of each term and its end date
- [ ] My premiums are paid by a card or bank account that has not expired
- [ ] I know whether my partner has a policy and for how much

> A work benefit often ends with the job. A policy you own stays in force as long as you pay the premium.

B. People

- [ ] Each policy has a primary and a contingent beneficiary
- [ ] The beneficiary forms match what I want today
- [ ] No old name is still listed after a move, a divorce or a death
- [ ] I have chosen who would care for my kids, and asked them

General education, not insurance, legal or tax advice. Figures are examples unless a source is named. Prices and rules vary by state and insurer.

- [ ] My will names a guardian, or I have booked a time with an attorney
- [ ] I asked an attorney whether a trust makes sense for money left to a minor

Insurers generally do not pay a large sum directly to a minor child, and the NAIC consumer guide notes that a trust or estate is often recommended. A beneficiary form usually decides who is paid, even if your will says something different.

C. Money

Line	My number	Where to find it
Mortgage or rent each month		Loan or lease statement
Mortgage balance		Latest loan statement
Other debts: cars, cards, loans		Latest statements
Childcare each month, and years left		Your care invoices
Savings my family could use		Savings and checking
Life insurance I have, total		Section A above

Take these numbers to the coverage calculator at momlifeinsurance.com/tools/coverage-worksheet to see a starting amount.

D. Papers in one place

- [ ] A folder, paper or digital, holds copies of every policy
- [ ] The folder lists the insurer phone numbers and policy numbers
- [ ] It holds my will and the guardian letter, if I have them
- [ ] It lists bank accounts and where the passwords are kept
- [ ] My partner or a trusted relative knows where it is

E. Review date

The date I will check this list again

The person I will ask to check it with me

The one thing I will do first

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Sources

- NAIC: Life insurance consumer guide
  content.naic.org/consumer/life-insurance.htm
- NAIC: State insurance departments and agent lookup
  content.naic.org/state-insurance-departments
- IRS: Child and dependent care credit information
  www.irs.gov/credits-deductions/individuals/child-and-dependent-care-credit-information

Want help pricing a policy? Get a free quote at momlifeinsurance.com/quote.

momlifeinsurance.com/quote or call (888) 635-3511

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