

## FINANCIAL WELLNESS CHECKLIST

- Take full advantage of your company's benefit program
- Develop a household budget
- Create/maintain an emergency fund to cover 3-6 months of expenses
- Determine if discretionary expenses can be cut to save more for long-term goals (e.g. retirement, college education, caring for elderly parents)
- Maximize tax-deferred investment vehicles (e.g. 401(k), IRA, Roth IRA)
- Develop a retirement plan strategy (set goals, asset allocation strategy, periodic monitoring)
- Develop a retirement income strategy
- Determine how much you can draw from your savings annually in retirement
- Determine if you have adequate life insurance
- Determine if disability income insurance is needed
- Consider long-term care insurance
- Consider lifetime income from annuities
- Complete the LifeStages Folio
- Review/update your beneficiaries
- Consider asset consolidation strategies (e.g. rollovers)
- Develop an estate/wealth transfer strategy
- Develop a professional support team