



Financial Transition Checklist

Use this fact sheet to organize key financial decisions after leaving an employer, changing careers, or preparing for retirement.

Start with the Big Picture

- Meet with a financial advisor who focuses on comprehensive planning.
- Review income, savings, investments, insurance, debt, taxes, and estate plans.
- Clarify near-term needs and long-term goals.

Understand Your Employer Benefits

- Review your benefits, compensation, and final pay details.
- Confirm health, disability, long-term care, and life insurance coverage.
- Identify coverage gaps and replacement options.

Evaluate Retirement Plan Options

- Understand options for 401(k), 403(b), pensions, and deferred compensation.
- Decide whether to keep assets in plan, roll them over, or take another path.
- Review HSA/FSA balances, deadlines, eligible expenses, and beneficiaries.

Review Insurance and Risk

- Review personal coverage, including home, auto, umbrella, and life insurance.
- Confirm coverage still fits your needs after the transition.
- Revisit risk tolerance, allocation, time horizon, and income needs.

Build a Cash Flow Plan

- Estimate income from salary, severance, retirement plans, Social Security, and investments.
- Separate essential expenses from discretionary spending.
- Plan for taxes, healthcare costs, and changes to savings contributions.

Update Goals and Estate Plans

- Adjust goals based on your transition.
- Review estate documents, account titling, and beneficiaries.
- Understand which assets may be protected under state rules.

Next step: Financial transitions can bring important decisions and deadlines. A financial professional can help you understand your options, prioritize next steps, and make informed choices for your situation.