



WELCOMING YOUR FIRST CHILD

MY CHECKLIST

NAVY FINANCIAL READINESS

HANDOUTS

- ✓ Estate Planning
- ✓ Spending Plan Worksheet
- ✓ Survivors Benefits Overview
- ✓ Military Retirement
- ✓ TRICARE Overview
- ✓ Paying Off Student Loans
- ✓ Education Benefits and Savings

Your first child changes everything familiar in your household... including the household finances. This checklist, supplemented with information and referrals from the Fleet and Family Support Services (FFSS) staff, can help you and your family organize your finances efficiently as you work through the many changes that come with a new birth or adoption.

Use this checklist as a solution focused tool to help set goals, set goals, establish priorities, and develop a family action plan. Space is provided to add local resources and reminders about additional topics.

★ DOCUMENTS

- Obtain an official copy of your child's (or children's) birth or adoption certificate(s).
- Apply for a Social Security Card for your child or children.
- Add your new dependent(s) to your Defense Enrollment Eligibility Reporting System (DEERS) account. Bring the birth certificate(s) and/or court documents to the nearest Defense Enrollment Eligibility Reporting System/Real-Time Automated Personnel Identification System (DEERS/RAPIDS) office.
- Check your Leave and Earnings Statement (LES) after DEERS updates.
- See your base legal office (or other legal counsel) to establish or update estate planning documents. Review the "Estate Planning" handout for more information.

Additional Notes: _____

★ FINANCIAL PLANNING

- Use the "Spending Plan Worksheet" to revise your current spending plan and account for changes in income, expenses and/or debt.
- Consider increasing your emergency savings to cover three to six months of living expenses, if not presently funded at that level. This is especially important if you are the sole source of income for yourself and your dependents.
- Enroll in financial assistance programs for which you may qualify.
- Seek out and take advantage of financial workshops for parents.

- Get credit reports for yourself, your spouse, and your children.
- Review the "Survivor Benefits Overview" handout for more information on financial resources available to eligible dependents.
- Review your new tax situation and change federal and state withholding as needed. Visit <https://mypay.dfas.mil>.

Additional notes: _____

★ RETIREMENT

- Understand the benefits of the military retirement system: Legacy "High-3" or BRS and the rules on Thrift Savings Plan matching/vesting.
- Review the "Military Retirement" handout accompanying this checklist for more information.
- Understand the importance of retirement planning throughout the military lifecycle. It is never too early to start planning for retirement. The sooner you begin saving, the less you may have to save over time. Once you start saving, it shouldn't be a "set it and forget it" mentality.
- Revisit savings goals and TSP contributions regularly.

★ INSURANCE

Life Insurance:

- Evaluate your life insurance needs to ensure you have enough coverage, the right type of coverage, and correct beneficiaries. A simple method to calculate your life insurance needs is to use the acronym LIFE. Start by totaling all four categories listed below.

L liabilities	Debt you would like to pay off, like a mortgage, auto loan or credit card(s).	\$
I ncome to be replaced	Income you would like to replace. Multiply targeted annual income amount by the number of years to replace.	\$
F uneral and final expenses	The amount you would like to set aside for final expenses.	\$
E ducation and other goals	The amount you want to set aside to fund education and other goals for family, friends, or charitable organizations.	\$
	Total life insurance needed	\$\$\$\$

Then compare your life insurance needs with your current amount of coverage plus any assets available at death. If you find you need additional coverage, then consider supplementing Servicemembers' Group Life Insurance (SGLI) with a commercial life insurance policy. Review the policy for any restrictions, such as a war clause. Common life insurance policies include:

- Term Insurance — provides a stated amount of coverage over specific period of time and is designed to provide a large amount of coverage for the least cost.
- Permanent insurance — provides coverage designed to last for your entire life and can build cash value.

There are several permanent life insurance options offered such as universal life, whole life, variable life and even variable universal life insurance. These policies have a surrender period and will be subject to fees and penalties if canceled during this time.

- Review the beneficiaries of your Servicemembers' Group Life Insurance (SGLI). Children are covered by Family SGLI at no cost.

Health Insurance:

- Enroll new family member(s) in TRICARE (active duty), TRICARE Reserve Select (Reserve members) or other health insurance plan. Review the handout "TRICARE Overview" for more information. Visit www.tricare.mil to find out more about your options.
- If your spouse is not covered by other health insurance (OHI), contact TRICARE to discontinue coordination of benefits, so that TRICARE is the spouse's primary insurance.
- Enroll new family member(s) in the TRICARE Dental Program. Monthly premiums and copays will apply. Visit www.tricare.mil/Dental for more information.

Property Insurance:

- Review and update your homeowner's or renter's property and liability insurance policies to ensure they are adequate for your new circumstances.

Additional notes: _____



PLANNING FOR EDUCATION

- Now is the time to start planning and saving for your child's education. Review the "Education Benefits and Savings" handout for more information about education savings plans.
- Review the "Paying Off Student Loans" handout.

CFS/PFM Printed Name

Counselee Printed Name

Signature

Date

Signature

Date