

Complete this checklist to guide your insurance or other health cost options. Consider your own needs and those of anyone else in the household who shares your insurance.

1. List medications or other goods and services you need to maintain your health. You might also list any coverages you currently have with your health plan(s).
2. Mark each item listed regarding its necessity. For example, someone with diabetes might mark insulin coverage as a “must-have.”
3. Make any notes about costs or other information you need to research before making a decision about insurance coverage.

Complete a checklist for each person in your household and for all types of health care (e.g., medical, dental, vision, etc).

HEALTH CONDITION OR COVERAGE	MUST HAVE	WOULD LIKE	NOTES AND COST
<i>Example: insulin</i>			

Use this list of “must have” and “would like” items when reviewing insurance options. Knowing what costs to expect will help you prepare for them.

