

## 8 Points

to Review

Make sure you're on track for the retirement you want.



# Own Your NeXt Your Healthcare and Aging Game Plan

Planning for healthcare in retirement and aging-related expenses is a key part of long-term financial security. This worksheet is designed to help you **Own Your NeXt** in retirement, including identifying potential healthcare needs, estimating essential costs, evaluating living preferences, and mapping out sources of protected income.

Use this worksheet as a guided tool to clarify priorities, document decisions, and support annual reviews with your financial professional.

## 1 Healthcare Cost Concerns

*Check all that apply.*

- Rising healthcare costs
- Unexpected illnesses or medical emergencies
- Chronic conditions that may be costly
- Long-term care (LTC) needs
- Outliving savings due to medical expenses
- Healthcare coverage before Medicare (ages 50–65)
- Medicare premiums and Medigap costs
- Dental and vision coverage gaps
- Providing care for a spouse, parent, or child
- Other: \_\_\_\_\_

## 2 Aging Location Planning

*Check all that apply.*

- Age in place with minor home modifications
- Age in place with major home modifications
- In-home care services
- Independent living community
- Assisted living facility
- Continuing care retirement community (CCRC)
- Living with family

### 3 Long-Term Care Planning

Check all that apply.

- Paying for unexpected medical events
- Need for LTC insurance
- Exploring annuities with LTC features
- Establishing a dedicated budget to cover smaller healthcare expenses not covered by insurance

#### Planning for Long-Term Healthcare Costs

- Have you considered how you will pay for LTC?  
\_\_\_\_\_
- Do you have a plan to protect your family financially?  
\_\_\_\_\_
- Have you evaluated insurance or annuity options with LTC benefits?  
\_\_\_\_\_

### 4 Healthcare Cost Planning

#### Planning for Healthcare Costs Not Covered by Insurance

Check all that apply.

- Dental implants
- Hearing aids
- Vision care
- Rehabilitation/physical therapy
- Home modifications
- Other \_\_\_\_\_

#### Planning for Healthcare Inflation

Check all that apply.

- Identify inflation rate assumptions
- Consider strategies to offset rising healthcare costs

### 5 Lifestyle and Independence Planning

#### Lifestyle Shifts

- Will travel or hobby spending decrease as you age?  
\_\_\_\_\_
- Could those dollars be redirected to healthcare planning?  
\_\_\_\_\_

#### Independence Planning

Check all that apply.

- Identify a trusted decision partner
- Establish driving safety criteria
- Explore alternative transportation options
- Create a family communication plan

### 6 Monthly Essential Expenses

#### Monthly Healthcare Costs

Estimate monthly amounts.

- Pre-65 insurance premiums:  
\_\_\_\_\_
- Medicare premiums:  
\_\_\_\_\_
- Medigap or Medicare Advantage premiums:  
\_\_\_\_\_
- Dental/vision/hearing expenses:  
\_\_\_\_\_
- Prescription costs:  
\_\_\_\_\_
- Physical therapy or chronic care:  
\_\_\_\_\_
- Other recurring medical costs:  
\_\_\_\_\_

#### Additional Healthcare Expenses

Estimate future costs that may not be covered by insurance.

- Dental implants: \_\_\_\_\_
- Hearing aids: \_\_\_\_\_
- Vision care: \_\_\_\_\_
- Rehabilitation/physical therapy:  
\_\_\_\_\_
- Home modifications:  
\_\_\_\_\_
- Other:  
\_\_\_\_\_

## Monthly Essential Expenses

*Estimate monthly amounts.*

- Housing: \_\_\_\_\_
- Utilities: \_\_\_\_\_
- Food: \_\_\_\_\_
- Transportation: \_\_\_\_\_
- Personal care: \_\_\_\_\_
- Home maintenance: \_\_\_\_\_
- Wi-Fi/phone \_\_\_\_\_
- Auto: \_\_\_\_\_
- Other essentials: \_\_\_\_\_

## 7 Protected Income Mapping

### Sources of Protected Income

*Estimate monthly amounts.*

- Social Security: \_\_\_\_\_
- Pension: \_\_\_\_\_
- Existing annuity income: \_\_\_\_\_
- Other protected sources: \_\_\_\_\_

### Income Gap Calculation

**Essential expenses – protected income =  
monthly income gap**

- Your monthly income gap: \_\_\_\_\_

## 8 Annual Review Checklist

*Review your healthcare and aging game plan annually with your financial professional to identify and plan for any changes.*

### Top 3 Healthcare Concerns

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Annual Updates

- Update healthcare expenses
- Review Medicare choices
- Reassess living preferences
- Review driving decisions
- Evaluate income versus expenses
- Adjust budget for additional healthcare expenses

### Totals

- Essential expenses: \_\_\_\_\_
- Protected income: \_\_\_\_\_
- Monthly income gap: \_\_\_\_\_
- Recommended protected income strategy: \_\_\_\_\_

**Access additional tools and resources to help you  
prepare for retirement at [Limraconsumer.com](https://limraconsumer.com).**

