



Your 5-Minute Insurance Checklist

Insurance is one of those things most people set and forget...until something goes wrong. Life changes faster than policies do, and many people don't realize their [insurance costs can quietly increase](#) year over year. Even small premium increases across multiple policies can add up to hundreds of dollars annually without adding any new benefits.

Use this quick checklist to help you avoid gaps in coverage, unexpected costs, or paying for what you don't need.

Part 1: 5-Minute Insurance Check (Quick Scan)

1. Confirm your coverage still fits your life

Ask yourself: Has anything changed recently?

- New job or [income loss](#)
- Move or change in living situation
- Marriage, divorce, or new dependents
- [Buying or selling a car](#)

Why it matters: *Life changes often create coverage gaps without you noticing. A policy that worked last year may not fully protect you today.*

2. Check your deductibles (what you pay out of pocket)



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- Do you know your deductible amounts for health, auto, or home insurance?
- Could you realistically afford that cost if you had to pay it tomorrow?

Why it matters: *A lower monthly premium can sometimes mean a higher deductible. That tradeoff only works if you're prepared for it.*

3. Review what's covered (and what isn't)

- Does your renter's or homeowner's policy cover personal belongings?
- Does your auto insurance include comprehensive collision coverage?
- Do you have disability or life insurance if others depend on your income?

Why it matters: *Many people assume they're covered for more than they actually are.*

4. Look for overlapping or duplicate coverage

- Are you paying for multiple policies that cover the same thing?
- Do you have benefits through work that duplicate private coverage?

Why it matters: *Overlapping coverage doesn't always mean better protection; it can just mean higher costs.*

Part 2: When It's Time for a Closer Review

If any of the above raised questions, take a few extra minutes here. You don't need to become an insurance expert. You just need clarity on your current situation.

- Call your insurance provider and ask for a [policy summary](#)
- Request a policy review if anything feels outdated or unclear
- Compare your coverage against your current needs, not your past ones

Insurance is complex by design, so it's normal if things aren't immediately clear. The goal here is simply to understand what you have so you can make informed decisions.

Support When You Need It

A few minutes of review can prevent expensive surprises later and help you feel more in control of your money.

If you're also looking at the bigger picture of your financial health—budgeting, debt, or long-term planning—it can help to talk it through with someone.

Reaching out to your financial institution for guidance or resources is a strong first step. And if you want additional support, GreenPath Financial Wellness offers [free financial counseling](#) to help you review how insurance costs and coverage fit into your budget, identify pressure points, and plan ahead with confidence.



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