



RETIREMENT HEALTHCARE COSTS PLANNING CHECKLIST

Planning for healthcare expenses in retirement can be complex, especially when many costs are unexpected or overlooked. To help you navigate these hidden expenses, we've created a simple checklist outlining the most common healthcare costs retirees face and practical steps to prepare for them. Use this checklist as a guide to build a more complete and confident retirement plan.

ESTIMATE LONG-TERM CARE NEEDS

- Research assisted living and nursing home costs in your area
- Explore long-term care insurance or alternative funding options
- [CareScout](https://www.carescout.com/cost-of-care) to research costs of LTC in your area
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BUDGET FOR DENTAL, VISION, & HEARING CARE

- Include regular check-ups and routine maintenance
- Plan for hearing aids, dentures, glasses, and related expenses

PLAN FOR PRESCRIPTION MEDICATIONS

- Review your current medications and expected future needs
- Understand Medicare Part D coverage, copays, and the "donut hole"

PREPARE FOR MEDICAL SUPPLIES AND EQUIPMENT

- Consider costs for items like walkers, wheelchairs, and home modifications
- Include emergency medical devices or personal monitoring technology

REVIEW SUPPLEMENTAL INSURANCE OPTIONS

- Explore Medigap or other plans to cover Medicare gaps
- Reassess insurance annually to adapt to changing needs

REGULARLY UPDATE YOUR HEALTHCARE BUDGET

- Revisit and adjust estimates as your health and care needs evolve
- Communicate changes with your financial advisor

ACCOUNT FOR MEDICAL TRAVEL EXPENSES

- Identify if specialized treatments may require travel
- Budget for transportation, lodging, and meals during medical trips

UTILIZE HEALTH SAVINGS ACCOUNTS (HSAS) IF ELIGIBLE

- Maximize contributions for tax-advantaged healthcare savings
- Use HSA funds for qualified medical expenses tax-free



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