

My Personal Financial Profile

Working toward financial wellness is a journey for everyone. Part of that journey is thinking about the future. Write down important information and update it as your information and needs change.

MetLife does not own the information in this document and is not responsible for the safekeeping of the information you include here. We recommend you store this document securely to prevent unauthorized access.



Let's do this, one step at a time

Writing down your financial and digital life can look like such a big job that you don't know where to start.

The best way to start is to break it into smaller parts and **take it one step at a time.**



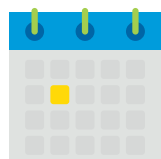
How do I use this?

We've broken the profile up into sections and you can easily fill out the document at your pace. The little efforts over time can add up to a lot of helpful information in one place.



Where do I keep it?

Store this document securely on your computer so it can be updated on an ongoing basis. Print a copy for your records and protect your personal information by keeping it in a safe place. Reprint it as you make significant updates.



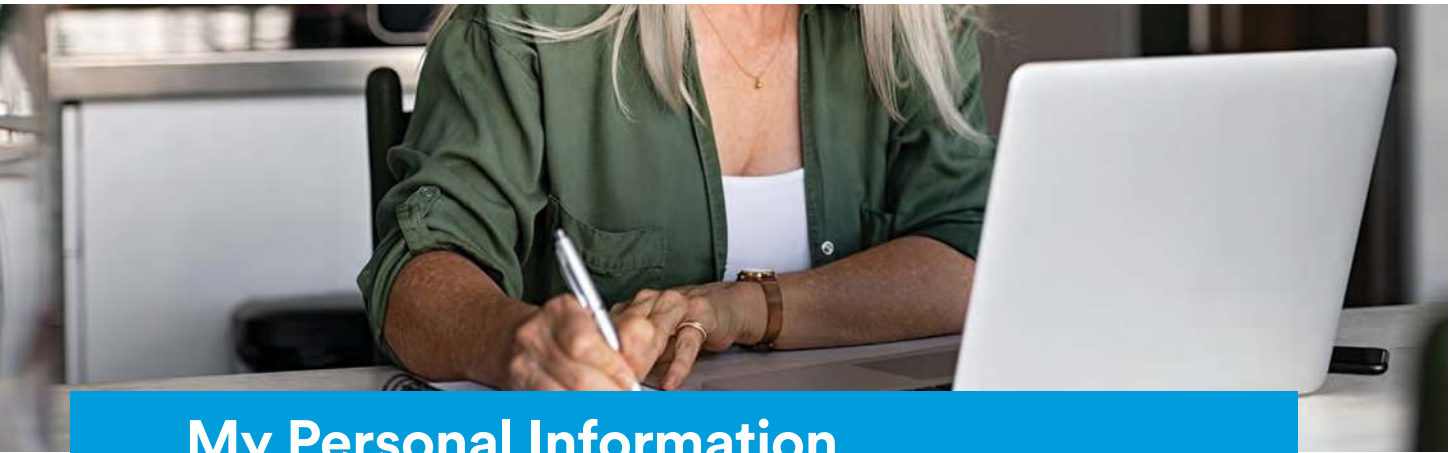
When should I update it?

Make updates as your information changes. Pick a day every year to review, such as when you file your taxes, to update this document to ensure all your information is up to date.



Contents

Personal Information	1
<i>Place of birth, spouse, children, identification numbers, medical and employer information, etc.</i>	
Insurance Information	3
<i>Life, health, homeowners, auto, etc.</i>	
Personal Advisors	6
<i>Doctors, attorneys, dentists, landlords, etc.</i>	
Banks & Financial Partners	8
<i>Checking & savings accounts, safety deposit boxes, pensions, etc.</i>	
Assets: what you have	10
<i>Addresses, vehicles, boats, etc.</i>	
Liabilities: who you owe	12
<i>Mortgage, credit cards, automated payments, etc.</i>	
Digital Life	14
<i>Social media, email, subscriptions, memberships, etc.</i>	
Important Documents	15
<i>Locations of wills, deeds, titles, certificates, etc.</i>	
Additional Notes	17
Final Thoughts	18



My Personal Information

Name: _____

Date of Birth: _____

Place of Birth: _____

Maiden Name: _____

Mother's Maiden Name: _____

Spouse's Name: _____

Wedding Date / Place: _____

Children's name(s)	Birth Date(s)	Social Security number(s)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Personal Identification Numbers

Social Security #: _____

Drivers License # / State: _____

Passport #: _____

Visa #: _____



Medical Information

Blood Type: _____

Drug Allergies: _____

Are you a blood donor? _____

Are you an organ donor? _____

Special Medical Conditions: _____

Medications: _____

Employer Information

Current Employer Name: _____

Employer Address: _____

Telephone: _____

Hire Date: _____

Employee ID#: _____

Human Resources Contact: _____

Military Information

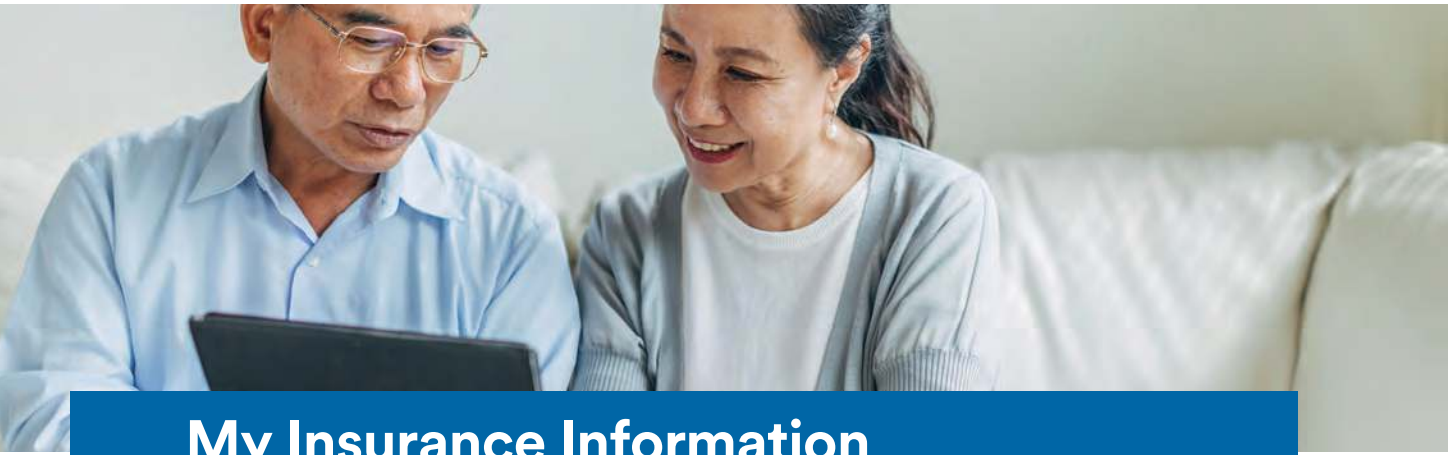
Military Service Branch: _____

Contact: _____

Serial #: _____

Rank: _____

Discharge Date: _____



My Insurance Information

This section is to keep track of your insurance information. Use the spaces labeled as “Other” for special items.

Life Insurance

Company Name: _____

Policy #: _____ Website: _____

Company Name: _____

Policy #: _____ Website: _____

Health Insurance

Company Name: _____

Policy #: _____ Health Care Plan ID #: _____

Group ID#: _____ Website: _____

Company Name: _____

Policy #: _____ Health Care Plan ID #: _____

Group ID#: _____ Website: _____

Company Name: _____

Policy #: _____ Health Care Plan ID #: _____

Group ID#: _____ Website: _____

Disability and Long-Term Care Insurance

Company Name: _____

Policy #: _____ Website: _____

Company Name: _____

Policy #: _____ Website: _____

Homeowners / Renters / Flood Insurance

Company Name: _____

Policy #: _____ Website: _____

Company Name: _____

Policy #: _____ Website: _____

Company Name: _____

Policy #: _____ Website: _____

Company Name: _____

Policy #: _____ Website: _____

Auto / Motorcycle / Boat Insurance

Company Name: _____

Policy #: _____ Website: _____

Company Name: _____

Policy #: _____ Website: _____

Company Name: _____

Policy #: _____ Website: _____

Company Name: _____

Policy #: _____ Website: _____

Other Insurance

Company Name: _____

What is covered? _____

Policy #: _____ Website: _____

Company Name: _____

What is covered? _____

Policy #: _____ Website: _____

Company Name: _____

What is covered? _____

Policy #: _____ Website: _____

Company Name: _____

What is covered? _____

Policy #: _____ Website: _____



Personal Advisors & Important Contacts

Use this section to document important advisors and contacts in your life.

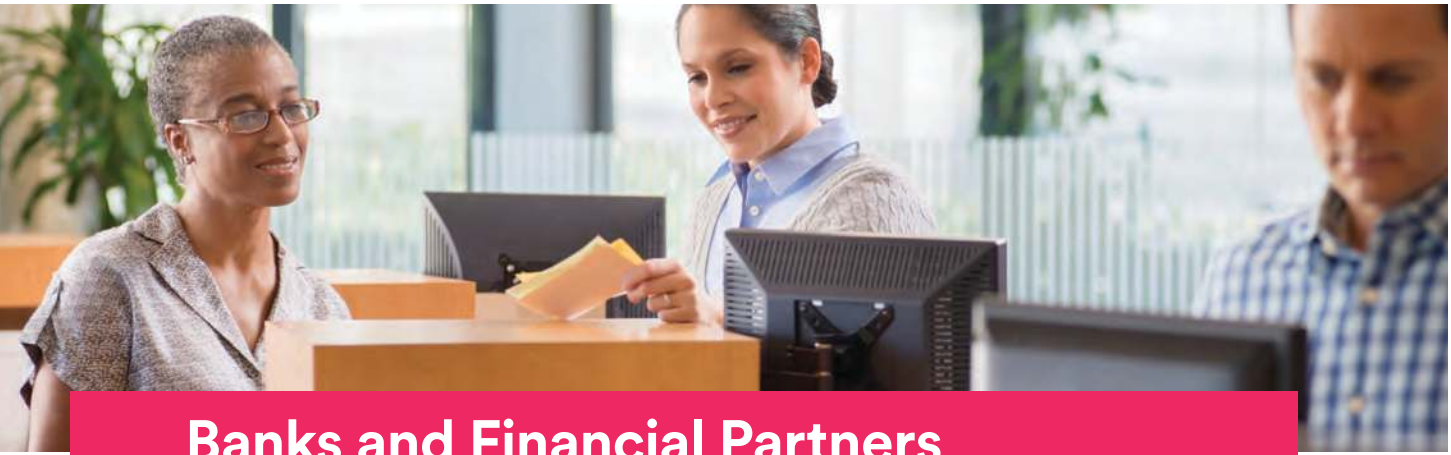
	Name	Telephone number
Doctors	_____	_____
	_____	_____
	_____	_____
Attorney	_____	_____
Insurance agents	_____	_____
	_____	_____
	_____	_____
Financial planner	_____	_____
Accountant	_____	_____
Stockbroker	_____	_____
Banker	_____	_____
Executor	_____	_____
Landlord	_____	_____
Dentist	_____	_____

Name

Telephone number

**Previous employers
(For available
Pension and
Insurance benefits)**

**Other important
contacts**



Banks and Financial Partners

Use this section to write down your account information and locations.

Checking Accounts

Bank Name: _____ Account #: _____

Bank Name: _____ Account #: _____

Savings Accounts

Bank Name: _____ Account #: _____

Bank Name: _____ Account #: _____

Bank Name: _____ Account #: _____

ATM Cards

Bank Name: _____ Account #: _____

Bank Name: _____ Account #: _____

Safe Deposit Box

Bank Name: _____

Telephone: _____

Key Location: _____



Certificates of Deposit

Bank Name: _____ CD #: _____

Maturity Date: _____

Bank Name: _____ CD #: _____

Maturity Date: _____

Bank Name: _____ CD #: _____

Maturity Date: _____

Bank Name: _____ CD #: _____

Maturity Date: _____

Money Market Accounts

Institution Name: _____ Account #: _____

Institution Name: _____ Account #: _____

Brokerage Accounts for Stocks, Bonds, Mutual Funds, IRAs

Institution Name: _____ Account #: _____

Contact Name: _____ Phone #: _____

Institution Name: _____ Account #: _____

Contact Name: _____ Phone #: _____

Pensions and Annuities

Institution Name: _____ Account/Contact #: _____

Automated Payments? Y / N If yes, from where? _____

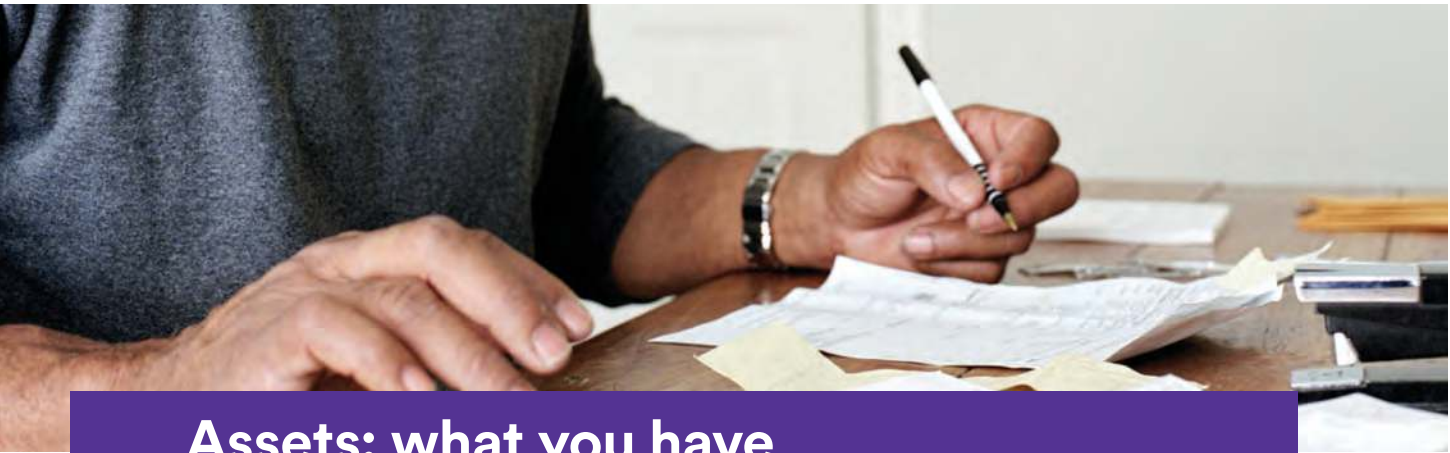
Institution Name: _____ Account/Contact #: _____

Automated Payments? Y / N If yes, from where? _____

Institution Name: _____ Account/Contact #: _____

Automated Payments? Y / N If yes, from where? _____

Other



Assets: what you have

Use this section to keep track of what you own including your home, car, financial assets and any other valuables.

Primary Home Address

Address: _____

Mortgage Lender: _____

Telephone: _____

Website: _____

Security Company: _____

Telephone: _____

Account #: _____

Vacation / Timeshare Addresses

Address: _____

Mortgage Lender: _____

Telephone: _____

Website: _____

Security Company: _____

Telephone: _____

Account #: _____

Vehicles (i.e., Cars, Motorcycles, RVs)

Vehicle #1

Make/Model/Year: _____

License Plate # / State: _____



Vehicle #2

Make/Model/Year: _____

License Plate # / State: _____

Vehicle #3

Make/Model/Year: _____

License Plate # / State: _____

Boat

Make/Model/Year: _____

Serial #: _____

Motor ID #: _____

Other Assets (i.e., jewelry, art, special family possessions)

_____	_____
_____	_____
_____	_____
_____	_____



Liabilities: Who you owe

Use this section to document your key lenders such as your mortgage company and credit card companies.

Mortgage / Home Equity Lenders

Institution Name: _____ Account/Contact #: _____

Automated Payments? Y / N If yes, from where? _____

Institution Name: _____ Account/Contact #: _____

Automated Payments? Y / N If yes, from where? _____

Institution Name: _____ Account/Contact #: _____

Automated Payments? Y / N If yes, from where? _____

Credit Cards

Name: _____ Account # _____ Exp Date: _____

Name: _____ Account # _____ Exp Date: _____

Name: _____ Account # _____ Exp Date: _____

Name: _____ Account # _____ Exp Date: _____

Name: _____ Account # _____ Exp Date: _____

Name: _____ Account # _____ Exp Date: _____

Automated Payments

Use this section to list any automated payments taking place from your bank accounts such as gym memberships, charitable giving, merchandise subscriptions, entertainment services, etc.

Service Name: _____ Account #: _____

Service Name: _____ Account #: _____

Service Name: _____ Account #: _____

Service Name: _____ Account #: _____

Service Name: _____ Account #: _____

Service Name: _____ Account #: _____

Service Name: _____ Account #: _____

Service Name: _____ Account #: _____



Digital Life

As we live more of our lives online, it's important to ensure your loved ones can access your digital accounts after you've gone. This information is highly sensitive and it's critical to keep it safe.

Below are tips to ensure your digital assets can be accessed:



1. Use a password manager

Password managers are software that securely holds all your logins and passwords in one place. These sites also can store your bank numbers, credit card number and other important information. Typically, your account can be linked to other people you trust so they can access it after you pass.



2. Assign custody over your social media accounts

Pick one person to manage your social media accounts by either preserving your memory or deleting them. Facebook, Twitter, LinkedIn and other social media accounts offer options for enabling your loved ones to manage your account.

Some email providers, like Gmail, offer features to turn over control of your account to someone you designate after a set period of inactivity.



3. Backup your files

Get in the good habit of making backups of your files to an external hard drive or use the cloud. Make sure you let your loved ones know the location of your external hard drive or the logins to your cloud storage provider.

Important Document Locations

It's important to write down where you have stored your important documents and how to access them.

Wills / Living Wills / Power of Attorney

Location: _____

Comments: _____

Trust Documents

Location: _____

Comments: _____

Funeral Pre-planning Documents

Location: _____

Comments: _____

Property Deeds

Location: _____

Comments: _____

Vehicle Title(s)

Location: _____

Comments: _____

Passport

Location: _____

Comments: _____

Social Security Card

Location: _____

Comments: _____

Marriage Certificate / Divorce Decree

Location: _____

Comments: _____



Family Death Certificates

Location: _____

Comments: _____

Life / Disability / Health / Long-term Care Insurance Policies

Location: _____

Comments: _____

Homeowners / Renters / Flood / Auto / Pet / Other Insurance Policies

Location: _____

Comments: _____

Safe

Location & Key Location: _____

Combination: _____

Other Important Documents

Item: _____

Location: _____

Comments: _____

Item: _____

Location: _____

Comments: _____

Item: _____

Location: _____

Comments: _____

Additional Notes

Final Thoughts

Putting together your personal financial and digital life information is a huge step in your financial wellness journey. It is also important to remember that you need to periodically review your documents with your tax or legal advisors.

Be sure to update this document when your personal situation changes, such as a new job, birth of a child or grandchild, or any other major change in your health or financial situation. Consider meeting with your family to review this document.



To access this guide online, scan this QR Code

