

Spring Policy Check Up Checklist

Health & Wellbeing

- Have there been any changes to my health or medical history?
- Is my current health information accurate and up to date?
- Do I understand how my policy approaches pre-existing conditions?

Lifestyle & Activities

- Am I more active than when my policy was arranged?
- Have I taken up new sports, travel or leisure activities?
- Does my cover reflect how I actually live today?

Policy Detail

- Have I reviewed exclusions, limits and waiting periods?
- Do I understand what is and isn't covered?
- Is the policy still suitable for my current priorities?

Information Accuracy

- Have I disclosed any relevant changes since the policy started?
- Are my occupation and activities correctly recorded?

Looking Ahead

- Does my insurance support my plans for the year ahead?
- Would specialist advice help clarify my options?