

# Overalls

## Adulting Checklist: Mastering Life's Essentials with Ease (and a Little Help from Overalls LifeConcierge™)

Welcome to adulthood: where the responsibilities are plenty, but totally manageable with the right support. Here's a brief checklist of essential “adulting” tasks to stay on top, all well within reach with an assist from your Overalls LifeConcierge™:

### 1. Healthcare

- **Transition to your own insurance:** Find and select a healthcare plan tailored to your needs.
- **Schedule regular check-ups:** Locate in-network providers for your annual physicals, dental cleanings, vision exams, and more.
- **Understand your healthcare coverage:** Learn about your copays, deductibles, and covered services so you don't get surprised by unanticipated bills.

### 2. Financial Management

- **Start a retirement fund:** Open a 401(k), IRA, or both and set up automatic contributions (your future self will thank you).
- **Create a budget:** Track your income and expenses to maintain good financial health and keep debt at bay.
- **Build an emergency fund:** Set a plan in motion to put away three to six months' worth of living expenses to help prepare for the unexpected.

### 3. Living Arrangements

- **Secure housing:** Find a new home, whether renting or buying, or a shared housing situation that matches your budget, needs, and lifestyle.
- **Set up utilities and services:** Manage accounts for electricity, oil or gas, water and sewer, wifi and cable, and other essential services.
- **Get insurance:** Protect your belongings by purchasing renters or homeowners insurance.

### 4. Transportation

- **Purchase or lease a vehicle:** Research and finance a new (or new-to-you) vehicle.

- **Get car insurance:** Ensure you have adequate – and required – coverage for your ride.
- **Schedule maintenance:** Keep your car looking and running great with regular service appointments.

## 5. Personal and Professional Development

- **Plan your career:** Set professional goals and seek growth opportunities to help you level up at work.
- **Network:** Join professional organizations, learn the art of networking, and attend industry events to stay in the know.
- **Enhance your skills:** Pursue further education and identify training opportunities to hone your skills..

## 6. Family and Social Life

- **Update emergency contacts:** Keep an up-to-date list of emergency contacts and share it with trusted individuals, just in case.
- **Balance work and social life:** Plan regular activities, outings, and get togethers with friends and family for true work-life balance.
- **Care for pets:** Coordinate regular vet care, grooming appointments, and boarding for your fur kids.

## 8. Wildcard

- **Handle unique tasks:** From planning a party to reserving a pickleball court, your LifeConcierge™ is ready to assist with any “wildcard” request.

## How Overalls LifeConcierge Can Help

Overalls LifeConcierge™ is your time-saving, problem-solving answer to navigating life's complexities. As your “adulting” expert, we help you cross off the pesky chores lingering on your to-do list by managing life’s little hassles for you. From coordinating a cross-country move to scheduling emergency car maintenance to planning a bucket list vacation abroad, Overalls is your dedicated partner for managing life’s ups and downs. [Submitting a request is easy](#). Tell us what you need, and you’ll be matched with a LifeConcierge™ who will get to work on your to-do within one business day.

Navigate adulthood with confidence, knowing that your Overalls LifeConcierge™ has your back!