

PRE-MOVE RESEARCH - QUICK REFERENCE

Moving from the United States family checklist

Use this from home to put federal and state tax, healthcare, records, accounts, property and family continuity into one dated departure plan.

MOVING FROM	DESTINATION / CITY	PLANNING CURRENCY	LAST CHECKED
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HOW TO USE

Read the linked SettleHappy guide first. Tick an item when the answer or evidence is saved in your own move folder. Recheck volatile facts before paying or applying.

1 Map the move before fixing the date

- ☐ Record citizenship, green-card and immigration status for every family member; confirm destination visas and passport validity.
- ☐ Build one travel calendar covering US states and foreign countries for both adults from the start of the departure tax year.
- ☐ List federal and state tax, employment, business, healthcare, school, property, pet and shipping dependencies that can change timing.
- ☐ Create a secure move folder and assign one owner to every decision, deadline and confirmation.

2 Prepare federal and state tax evidence

- ☐ List worldwide income, where each service is physically performed, foreign tax expected and the likely US forms or elections to discuss.
- ☐ Review FEIE and foreign tax credits together; do not assume moving abroad or earning below the exclusion limit removes filing.
- ☐ List every foreign account, signature authority, pension, company, trust and investment; prepare independent FBAR and Form 8938 checks.
- ☐ Read the departure-year residence, domicile and source-income rules for the state being left; save evidence of the family's actual move.

3 Protect money and long-term accounts

- ☐ Ask each bank, broker, 401(k), IRA and stock-plan provider what a genuine address in the destination changes; save the answer.
- ☐ Set up independent email, authentication and recovery methods before employer access or a US mobile number ends.
- ☐ Download cost basis, plan documents, beneficiary confirmations, statements and Social Security records.
- ☐ Keep two practical payment routes and enough transition cash without hiding the family's true residence from a provider.

4

Replace healthcare and transfer records

- ☐ Get the exact end date, overseas benefits, open claims and COBRA information for every current US health plan.
- ☐ Arrange written transition and long-term cover that fits actual hospitals, routine care, pre-existing conditions and evacuation needs.
- ☐ For Medicare decisions, check overseas limits and future enrollment consequences with Medicare or Social Security before cancelling or delaying cover.
- ☐ Collect concise medical, dental, optical, immunisation and medicine records; verify destination and transit rules for each medicine.

5

Decide the home and complete family admin

- ☐ Compare net sale proceeds with conservative rental cash flow, tax, mortgage consent, landlord insurance, management, vacancy and repair reserves.
- ☐ Collect school reports, references, special-support records and custody or consent documents; agree withdrawal and destination start dates.
- ☐ Use FVAP to organise overseas voting; update USPS, IRS, state, lenders, insurers and providers only when the facts are confirmed.
- ☐ Prepare offline travel, insurer, hospital, school, accommodation and embassy details for the first 72 hours.

6

Finish the first 90 days abroad

- ☐ Complete destination address, immigration, tax, school, healthcare and driving requirements by their official deadlines.
- ☐ Test bank, brokerage, retirement and insurance access from the destination; resolve restrictions before an emergency.
- ☐ Keep workday, travel, foreign-account maximum and tax-payment evidence from day one.
- ☐ Schedule the first US federal, state and destination filing review, plus an annual property, insurance, estate and provider-policy check.

Information, not regulated immigration, legal, tax, financial or medical advice. Verify current requirements with issuing authorities, providers and appropriately qualified advisers.