



## Make Your Next Move a Success

To simplify your next move, try these tips:

- **Give yourself enough time.** Start the planning process at least two to three months prior to your move (if possible).
- **Identify how you will move.** Will you be using personal vehicles or renting a truck or trailer? If you decide to hire movers, will they do the packing, or will you?
- **Research moving companies.** Start by determining your budget. Then, read customer reviews. It's best to obtain at least three to four estimates.
- **Stay organized.** Use a spreadsheet or checklist to track important tasks. Keep receipts and contracts in a folder or binder.
- **Take an inventory.** Determine what you want to move, sell, donate, or throw away.
- **Get packing.** Moving is both stressful and physically tiring, so it's best to pack gradually rather than all at once.
- **Visit your new home prior to your move.** If you are renting, walk through with the landlord. Document any items that need repair before you move in. Have the landlord sign this list.



- **Create a new home “to-do” list.** Key items include:
  - Mail forwarding
  - Setting up utilities, including TV/Internet
  - Updating insurance, car registration, driver's license, and delivery services
- **Move key personal items yourself.** Computers, medications, important paperwork, and other precious personal items should not go on a moving truck.

Moving can be stressful. LifeMatters can offer practical resources and emotional support throughout the process. In addition, go to [mylifematters.com](http://mylifematters.com) and visit the Discount Center to find discounts on moving services or truck rentals.

## 1-800-367-7474

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Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.

