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Use this checklist to review your 1Life policy to ensure that your details are up to date and you and your family has the cover they need.

Life, Dread and Disability cover		Check
<b>Policy details</b>	Your contact details & address	
	Bank account number	
	Salary payment date	
<b>Risk profile</b>	Smoker status	
	Occupation	
	Increased travel (more than 14 days)	
	A new high-risk hobby	
<b>Cover amount</b>		
<b>Beneficiaries (life cover only)</b>	Contact details	
	Amendments	

Funeral cover		Check
<b>Policy details</b>	Your contact details & address	
	Bank account number	
	Salary payment date	
<b>Family members covered</b>		
<b>Amount of cover per member</b>		
<b>Main member</b>		
<b>Member 1</b>		
<b>Member 2</b>		
<b>Member 3</b>		
<b>Member 4</b>		
<b>Member 5</b>		

**We are here to help!**

If you need help reviewing your policy, chat to our Client Services team:

Tel: 0860 10 51 94  
 Email: [clientservices@1life.co.za](mailto:clientservices@1life.co.za)

