

YOUR RETURN-HOME PLANNER

Before you return

A printable checklist for an extended or permanent return to the Philippines. Tick each box as you confirm it; write down anything still uncertain.

Target return date

Home location

01 Agree on your household plan

- ☐ Confirm where you will live and who will share the household.
- ☐ Discuss family contributions, responsibilities, and time to adjust.
- ☐ Write a fallback plan if housing or work arrangements change.

02 Organize documents and overseas matters

- ☐ Store relevant IDs, work records, qualifications, bank records, insurance documents, and medical records safely.
- ☐ Create protected copies and record unresolved salary, benefits, or account matters with an official contact.
- ☐ Ask the relevant authorities about host-country exit, residency, and employment steps that apply to you.

03 Check healthcare continuity

- ☐ Confirm when overseas cover ends and whether it applies in the Philippines; request written terms.
- ☐ Ask PhilHealth which record updates and contribution arrangements apply to your changed circumstances.
- ☐ Discuss follow-up care with your clinician and check travel rules for prescribed medicines.

Planning aid only. This is not an official travel-document checklist or a determination of eligibility for benefits. Requirements vary by country and individual situation.

YOUR FIRST-MONTH PLANNER

Settle in with a plan

Use actual quotations and bills when available. Keep household essentials separate from money you can afford to risk on a business.

Your budget snapshot

One-time moving costs	PHP	
Monthly essential costs	PHP	
Reliable monthly income	PHP	
Funds for living costs	PHP	

04 Check support and test your income plan

- ☐ Contact OWWA through its official regional directory. Ask about current services, eligibility, documents, and appointments.
- ☐ Update your CV or plan a small, affordable work or business test.
- ☐ Do not count an unconfirmed job, benefit, or loan as available cash.

05 Review your first month home

- ☐ First week: confirm essential housing, transport, appointments, and account access.
- ☐ Weeks two to four: compare actual spending with your estimate and follow up with official offices.
- ☐ End of month: review remaining funds, family commitments, and the next month's plan.

My next action / contact / review date

Official information: OWWA reintegration overview and regional office directory; PhilHealth forms and downloads. Sources checked 11 October 2026. Confirm current terms directly with the responsible office.

Read the full guide and official-source links online

The sequence and budget worksheet are editorial planning suggestions, not government deadlines or professional advice. No affiliate purchase links.