



My Digital Accounts Map

Purpose: This page helps my family identify digital accounts that may have payment information attached and where to begin looking.

Start here

If you need access to a loved one's digital accounts, the safest path is to follow each company's formal process by calling or going to their website rather than attempting to use any passwords you may have on hand. Shortcuts can create unintended consequences.

Emails/Phone Numbers I use for accounts

Primary email: _____

Secondary email: _____

Phone number tied to accounts:

Password access method

Check one:

Password manager (name):

Written list stored at: _____

Browser saved passwords

Not set up yet

Where this worksheet will live

Location:

Person who knows where it is:

Hidden Payments Sweep

Instructions: Check any accounts you have used. Add a ★ next to anything with autopay or stored payment info.

Phone and App Store

- Apple ID (App Store, iCloud storage, AppleCare)
- Google account (Google Play subscriptions, Google One storage)
- Mobile wallet (Apple Pay, Google Pay, Samsung Pay)

Photo and File Storage

- iCloud Photos
- Google Photos
- Amazon Photos
- Dropbox

Home, Utilities, and Services

- Cell phone carrier autopay
- Internet provider autopay
- Electric, gas, water, trash autopay
- Cable or satellite TV
- Home security monitoring (ADT, SimpliSafe)
- Smart home subscriptions (Ring, Nest Aware)
- Home services with autopay (lawn, pest, cleaning)

Health, Benefits, and Patient Portals

- Health insurance portal

- Microsoft OneDrive
- Carrier storage (Verizon Cloud or similar)
- Photo services (Shutterfly or similar)

Streaming and Media

- TV or movie streaming (Netflix, Hulu, Disney+, Max, Peacock)
- Music (Spotify, Apple Music)
- YouTube Premium
- News or newsletters (WSJ, NYT, Substack)
- Audiobooks (Audible)

Shopping and Retail

- Amazon (Prime, Subscribe and Save)
- Major retailers with stored payment (Walmart, Target)
- Membership clubs (Costco, Sam's)
- Marketplaces (Etsy, eBay)

Delivery and Transportation

- Food delivery (DoorDash, Uber Eats, Grubhub)
- Grocery delivery (Instacart, Shipt)
- Rides (Uber, Lyft)
- Parking or toll accounts (ParkMobile, E-ZPass or state tolling)

Travel

- Airlines (including frequent flyer mileage accounts)
- Hotels (Marriott, Hilton, IHG)
- Vacation rentals (Airbnb, Vrbo)
- Rental cars

- Pharmacy accounts (CVS, Walgreens, mail-order pharmacy)
- Patient portal (MyChart or provider portal)
- Government benefits account (Social Security, Medicare)

Cloud and Productivity

- Storage plans (iCloud, Google One, Dropbox, OneDrive)
- Microsoft 365
- Adobe
- Zoom
- Website tools (GoDaddy, Squarespace, Wix)

Money and Protection

- PayPal (including autopay agreements)
- Venmo or Cash App
- Bank and credit card online logins
- Credit monitoring or identity protection
- Credit freeze accounts (Experian, Equifax, TransUnion)

Giving and Memberships

- Recurring donations (charities, church, public radio/TV, etc.)
- Memberships (professional groups, gyms, clubs)

Guidance for my family

Start with contacting the following companies for the appropriate process to access accounts:

- Email inbox for receipts and renewal notices
- Apple ID subscriptions or Google Play subscriptions
- Bank and credit card statements for recurring charges
- Photo and file storage services listed above

Primary helper to contact (if needed):

Name: _____ Phone: _____
 Relationship: _____ Email: _____