

A Governance Checklist: Key-Person Health as a Portfolio Risk

A practical framework for family offices and advisory teams to incorporate key-person health into continuity and succession planning.



How to use this checklist

These are questions for a governance or continuity conversation, not a clinical assessment. Nothing here requires medical expertise to answer — only an honest look at what your current planning does and doesn't cover.

1

The baseline question

☐ Yes ☐ No	Does your family office's continuity and succession planning currently address the principal's health as a risk category — formally, in writing — or only informally, as something discussed if it comes up?
☐ Yes ☐ No	If a sudden health decline occurred tomorrow, is there a documented process for what happens next, distinct from the process for incapacity or death?

2

Metabolic resilience

☐ Yes ☐ No	Has metabolic health ever been discussed in a continuity-planning context, separate from routine annual physicals?
☐ Yes ☐ No	Is there any data point on file — even directionally — about the principal's underlying metabolic trend over time, rather than a single annual snapshot?

3

Cognitive and stress resilience

☐ Yes ☐ No	Is there a shared understanding, among the people who would need one, of the difference between physical presence and full decision-making capacity during a high-stakes transition?
☐ Yes ☐ No	Has sustained occupational stress ever been discussed as a factor relevant to governance timing — not performance, governance?

4

Immune and inflammatory health

☐ Yes ☐ No	Is there any awareness of the principal's general inflammatory or immune trend over time, as distinct from acute illness history?
☐ Yes ☐ No	Would a gradual, low-grade decline in this area be visible to anyone in the family office before it became a clinical event?

5

Ownership

☐ Yes ☐ No	If none of the above is currently tracked, who would be responsible for raising it — and is that responsibility assigned to anyone today, or does it belong to no one?
☐ Yes ☐ No	Is this category reviewed on any recurring cadence, the way market risk, tax exposure, or legal risk are reviewed?