



MCBS Calendar

Continuing Sample

2003

Medicare Current Beneficiary Survey
1-800-937-8286

MCBS

Using Your Calendar

This calendar is designed to help you keep track of all your health events and health costs. Please include all events and costs whether they are covered by Medicare or not. It is often hard to remember the date a doctor was seen or a prescription was filled. Using the calendar will make it easier for you to share this information during your next interview. Please review the notes below to record the most useful information about your medical care and costs.

It is also useful to use the storage envelope to file any bills and receipts related to your health care. This includes Medicare and insurance statements, canceled checks, bills, receipts, pharmacy envelopes or labels that are with the medicine, or any other reference to your health care costs.

A convenient way you may choose to keep track of your health care events

- Write down all doctor and dentist appointments.
- Record the name of the health care provider or facility and the reason for each visit.
- Write down the names of any prescribed medicines you obtained, including refills.
- Record the total cost and any amount that you or others, such as insurance, had to pay for the visit or medicine.



Remember to record these additional health events

- Telephone calls to a doctor or health care person.
- Telephone calls to obtain test results or medical advice.
- Hospital entry or visits to an emergency room (ER).
- Visits to an outpatient department (OPD) at a hospital.
- Visits to have blood drawn, x-rays taken, receive shots, or have any tests performed.
- Entry into a nursing home.
- Home visit by a doctor, nurse, or other health care person, family member, or friend.



And record these other medical expenses

- Eyeglasses.
- Diabetic equipment (including insulin).
- Ambulance services.
- Canes or crutches or wheelchairs.
- Other medical items or equipment.

Thank you for your participation!

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Notes

January

2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Martin Luther King Jr. Day (observed)	21	22	23	24	25
26	27	28	29	30	31	

DECEMBER 2002

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2003

S	M	T	W	T	F	S
						1
			2	3	4	5
			6	7	8	
			9	10	11	12
			13	14	15	
			16	17	18	19
			20	21	22	
			23	24	25	26
			27	28		

February

2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JANUARY 2003 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MARCH 2003 S M T W T F S 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31					1 Chinese New Year
2 Groundhog Day	3	4	5	6	7	8
9	10	11	12 Lincoln's Birthday	13	14 Valentine's Day	15
16	17 Presidents' Day Washington's Birthday (observed)	18	19	20	21	22
23	24	25	26	27	28	

March

2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5 <small>Ash Wednesday</small>	6	7	8
9	10	11	12	13	14	15
16	17 <small>St. Patrick's Day</small>	18	19	20	21 <small>First Day of Spring</small>	22
23	24	25	26	27	28	29
30	31					

FEBRUARY 2003

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

APRIL 2003

S	M	T	W	T	F	S
						1
						2
						3
						4
						5
						6
						7
						8
						9
						10
						11
						12
						13
						14
						15
						16
						17
						18
						19
						20
						21
						22
						23
						24
						25
						26
						27
						28
						29
						30

April

2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5		
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MARCH 2003

S	M	T	W	T	F	S
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

MAY 2003

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

6 Daylight Saving Time Begins

13 Palm Sunday

20 Easter

22 Earth Day

17 First Day of Passover

18 Good Friday

May

2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				8	9	10
				15	16	17 Armed Forces Day
				22	23	24
				29	30	31
				5	6	7
				12	13	14
				19	20	21
				26	27	28
				3	4	5
				10	11	12
				17	18	19
				24	25	26
				31	32	33

APRIL 2003

S	M	T	W	T	F	S
	1	2	3	4	5	6
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

JUNE 2003

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

June

2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14 Flag Day
15 Father's Day	16	17	18	19	20	21 First Day of Summer
22	23	24	25	26	27	28
29	30					

MAY 2003							JULY 2003						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3					1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30	31	27	28	29	30	31		

July

2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<small>JUNE 2003</small> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<small>AUGUST 2003</small> S M T W T F S 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1	2	3	4 Independence Day	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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August

2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					8	9
					15	16
					22	23
					29	30
3	4	5	6	7	14	15
10	11	12	13	14	21	22
17	18	19	20	21	28	29
24	25	26	27	28		
31						

JULY 2003

S	M	T	W	T	F	S
1	2	3	4	5		
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SEPTEMBER 2002

S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

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September

2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Labor Day	2	3	4	5	6	
7 Grandparents Day	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23 First Day of Autumn	24	25	26	27 Rosh Hashanah
28	29	30				

AUGUST 2003

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

OCTOBER 2003

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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October

2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
<small>SEPTEMBER 2003</small> <small>S M T W T F S</small> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<small>NOVEMBER 2003</small> <small>S M T W T F S</small> 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30					
5	6	7	8	9	10	11
	Yom Kippur					
12	13	14	15	16	17	18
	Columbus Day (observed)					
19	20	21	22	23	24	25
26	27	28	29	30	31	
Daylight Saving Time Ends						Halloween

2003

November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11 Veterans Day	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27 Thanksgiving Day	28	29
30						

OCTOBER 2003

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

DECEMBER 2003

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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December

2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20 Hanukkah
21	22 First Day of Winter	23	24	25 Christmas Day	26	27
28	29	30	31			

NOVEMBER 2003							JANUARY 2004						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	31
						30							

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PHONE NUMBERS

IMPORTANT DATES

Blank lined area for phone numbers.

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