

MCBS Planner 2006-2007

S U P P L E M E N T A L S A M P L E



Because we care...

Your answers are confidential

All information you provide will be kept in strict confidence under the laws prescribed by the Privacy Act of 1974. Information cannot be disclosed in any form that would permit identification of an individual in this study.

Organizing your medical papers and bills can be very time consuming. Using this MCBS Respondent Planner will help! The handy calendar will keep track of your appointments, important dates and bills right where you can find them.



Message from CENTERS for MEDICARE & MEDICAID SERVICES

Thank you for participating in the Medicare Current Beneficiary Survey (MCBS). With your help, we are working to make Medicare a more cost-effective purchaser of high-quality health care that meets the needs of all beneficiaries.

Franklin J. Epstein, Jr.

Message from

Your participation in the MCBS provides valuable information to both researchers and policymakers about the needs of Americans who have Medicare health insurance.

CMS collects large amounts of information about hospitals, doctors, and other medical professionals. They can tell how Medicare works for those groups. But the only way to learn about how the Medicare program works for people like you, is to ask.

AARP supports this survey because we think it is important. Please take part, and help improve your Medicare program. Whether you take part in the survey is entirely your choice. Your Medicare benefits will not be affected by the answers that you give, or by whether or not you participate. Also, your answers must be kept private and confidential. There is a law – the federal Privacy Act – that requires this.

Using Your Planner

It is helpful to use the separate folder to store Medicare/insurance statements, canceled checks, medical bills/receipts and RX labels/receipts. A convenient way you may choose to keep track of your health care events is to write down the following items in your planner.

- Doctor and dentist appointments.
- Prescribed medicines you obtained, including refills.
- If you do not have a bill or receipt, record the total cost and what was paid.
- Hospital visits including the emergency room (ER) and outpatient department (OPD).
- Labs, x-rays, or other tests.
- Nursing home stays.
- Home Visits by a medical professional, family, or friend.
- Eyeglasses, diabetic equipment, ambulance services, or other medical items.

Important Numbers & Websites

MCBS Respondent Hotline: **1-800-937-8286**
 Medicare Hotline: **1-800-633-4227**
 Medicare Fraud Hotline: **1-800-447-8477**
 Social Security Administration: **1-800-772-1213**

www.cms.hhs.gov/mcbs
www.aarp.org



| 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 | 31 | | |

August
2006



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

September 2006

| | | | | | | |
|----------------------------|--------------------|----|----|----|----|--|
| | | | | | 1 | 2 |
| 3 | 4 <i>Labor Day</i> | 5 | 6 | 7 | 8 | 9 |
| 10 <i>Grandparents Day</i> | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 <i>Rosh Hashanah; First Day of Autumn</i> |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|--------------------------------------|-----------------------|---------------------|---------------------------|----|----|----|
| 1 | 2 <i>Yom Kippur</i> | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 <i>Columbus Day</i> | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 <i>Daylight Savings Time Ends</i> | 30 | 31 <i>Halloween</i> | <h1>October 2006</h1> | | | |



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

November 2006

| | | | | | | |
|----|----|----|----|----------------------------|----|------------------------|
| | 1 | 2 | 3 | 4 | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 <i>Veterans Day</i> |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 <i>Thanksgiving Day</i> | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

December 2006

| | | | | | | |
|----|-------------------------|----|----|----|-------------------------------|--------------------|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 <i>Hanukkah</i> |
| 17 | 18 | 19 | 20 | 21 | 22 <i>First Day of Winter</i> | 23 |
| 24 | 25 <i>Christmas Day</i> | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---------|-----------|------------------------|--------|----------|
| | 1 <i>New Year's Day</i> | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 <i>Martin Luther King, Jr. Day (observed)</i> | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | <i>January</i> 2007 | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|------------------------------|---------|---------------------------|-------------------------|--------|----------|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 <i>Lincoln's Birthday</i> | 13 | 14 <i>Valentine's Day</i> | 15 | 16 | 17 |
| 18 | 19 <i>President's Day</i> | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | <i>February</i> 2007 | | |



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------|--------|-------------------------------|-----------|----------|--------|-----------------------------|
| <i>March</i> 2007 | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 <i>St. Patrick's Day</i> |
| 18 | 19 | 20 <i>First Day of Spring</i> | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------|--------|----------------------|-----------|----------|----------------------|----------|
| 1 <i>Daylight Savings Time Begins</i> | 2 | 3 | 4 | 5 | 6 <i>Good Friday</i> | 7 |
| 8 <i>Easter</i> | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 <i>Passover</i> | 21 |
| 22 <i>Earth Day</i> | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | <i>April</i> 2007 | | | | |



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|------------------------|---------|-----------|----------|----------------------------|----------------------------|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 <i>Mother's Day</i> | 14 | 15 | 16 | 17 | 18 | 19 <i>Armed Forces Day</i> |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 <i>Memorial Day</i> | 29 | 30 | 31 | <h1>May</h1> <h2>2007</h2> | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------|--------|---------|-----------|-------------------------------|--------|----------|
| <h1>June</h1> <h2>2007</h2> | | | | | 1 | 2 |
| | | | | | 3 | 4 |
| 10 | 11 | 12 | 13 | 14 <i>Flag Day</i> | 15 | 16 |
| 17 <i>Father's Day</i> | 18 | 19 | 20 | 21 <i>First Day of Summer</i> | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------------------------------|----------|--------|----------|
| 1 | 2 | 3 | 4 <small>Independence Day</small> | 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 | <i>July</i> 2007 | | | |



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------|--------|---------|-----------|----------|--------|----------|
| <i>August</i> 2007 | | | 1 | 2 | 3 | 4 |
| | | | 5 | 6 | 7 | 8 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

September 2007

| | | | | | | |
|-------------------------------|--------------------|----|----|--|----|----------------------|
| | | | | | | 1 |
| 2 | 3 <i>Labor Day</i> | 4 | 5 | 6 | 7 | 8 |
| 9 <i>Grandparents Day</i> | 10 | 11 | 12 | 13 <i>Rosh Hashanah; First Day of Autumn</i> | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 <i>Yom Kippur</i> |
| 23 <i>First Day of Autumn</i> | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|--------------------------------------|-----------------------|----|----|---------------------|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 <i>Columbus Day</i> | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 <i>Daylight Savings Time Ends</i> | 29 | 30 | 30 | 31 <i>Halloween</i> | | |

October 2007



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

November 2007

| | | | | | | |
|------------------------|----|----|----|----------------------------|----|----|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 <i>Veterans Day</i> | 12 | 13 | 14 | 15 | 16 | 17 |
| 19 | 19 | 20 | 21 | 22 <i>Thanksgiving Day</i> | 23 | 24 |
| 25 | 26 | 27 | 29 | 29 | 30 | |

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

December 2007

| | | | | | | |
|----|----|-------------------------|-------------------|----|----|-------------------------------|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 <i>Hanukkah</i> | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 <i>First Day of Winter</i> |
| 23 | 24 | 25 <i>Christmas Day</i> | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |



MCBS 2008

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|-------------------------|-----------|----------|--------|----------|
| | | 1 <i>New Year's Day</i> | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 <i>Martin Luther King, Jr. Day (observed)</i> | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

January
2008

JANUARY 2008

| 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 2008

| 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 | |

MARCH 2008

| 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 | | | | | |

APRIL 2008

| 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 | | | |

MAY 2008

| 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 |

JUNE 2008

| 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 | | | | | |

JULY 2008

| 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 | | |

AUGUST 2008

| 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 2008

| 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 | | | | |

OCTOBER 2008

| 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 | |

NOVEMBER 2008

| 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 | | | | | | |

DECEMBER 2008

| 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 | | | |