



Medical Planner 2015-2016

A Message from CCMS

Thank you for participating in the Medicare Current Beneficiary Survey (MCBS). With your help, we are working to make Medicare a more cost-effective and more high-quality form of health insurance that meets the needs of all beneficiaries. As a reminder, 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. The Federal Privacy Act of 1974 requires this.

William Long—Project Officer

A Message from AARP

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.

How to Use Your Planner

We are providing this planner to help you organize your doctor visits, possible hospital stays, and other health care-related events. This will help you by providing you one place to keep track of all of these items, both for planning purposes and when trying to recall events with your interviewer. It will also help us ensure that the information we collect is as accurate as possible. If the information we collect does not accurately represent what is going on in your life, it will not be as helpful at improving Medicare.

When using this planner, it is important to record the following types of information in the appropriate date square:

- Doctor and dentist appointments
- When prescribed medicines are filled or re-filled
- The total cost of an event and what you paid
- Hospital visits, including to the emergency room or as an outpatient
- Labs, x-rays, and other tests
- Nursing home stays
- Home health visits by a medical professional, family member, or friend
- Eyeglasses, diabetic equipment, ambulance services, or other medical items purchased

Important Contact Information

For questions or concerns about the survey you can contact MCBS staff at NORC at the University of Chicago at any time.

Call toll-free at: **877-389-3429**

Email at: mcbs@norc.org

Visit us at: www.mcbs.norc.org

If you have any questions or concerns about Medicare or your government benefits in general, please refer to the information below:

Call the Medicare Hotline toll-free at: 800-633-4227

Call the Medicare Fraud Hotline toll-free at: 800-447-8477

Call the Social Security Administration toll-free at: 800-772-1213

Visit the Centers for Medicare and Medicare Services at:

www.cms.hhs.gov

Visit AARP at: www.aarp.org

MY MEDICAL ADDRESS BOOK

Doctor Name:
Practice Name:
Type of Dr: Phone: ()
Address:
City: State:
Notes:
Doctor Name:
Practice Name:
Type of Dr: Phone: ()
Address:
City: State: Zip:
Notes:
Doctor Name:
Practice Name:
Type of Dr: Phone: ()
Address:
City: State: Zip:
Notes:
Doctor Name:
Practice Name:
Type of Dr: Phone: ()
Address:
City: State:
Notes:

AUGUST 2 0 1 5

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3	4	5	6	7	1/8
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
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Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
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Appointment time:					_,		
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
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Appointment time:						,	
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
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Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							

SEPTEMBER 2 0 1 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
	Labor Day					
13	14	15	16	17	18	19
Grandparents Day	First day of Rosh Hashana					
20	21	22	23	24	25	26
			Yom Kippur First Day of Autumn			
27	28	29	30			
	6 13 Grandparents Day 20	Labor Day 13 14 Grandparents Day First day of Rosh Hashana 20 21	6 7 8 Labor Day 13 14 15 Grandparents Day First day of Rosh Hashana 20 21 22	6 7 8 9 Labor Day 13 14 15 16 Grandparents Day First day of Rosh Hashana 20 21 22 23	1 2 3	1

OCTOBER 2 0 1 5

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2	3
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
	4	5	6	7	8	9	10
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
7 imount onargou a para.	11	12	13	14	15	16	17
Appointment time:			.0		.0	.0	
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:		Columbus Day					
7 imount onargod a paid.	18	19	20	21	22	23	24
Appointment time:	10	10	20	21		20	2.
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
Amount charged & paid.	25	26	27	28	29	30	31
Appointment time:	20	20	21	20	25	00	01
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
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Appointment time: Doctor(s) seen: Reason for visit: Medicine(s) prescribed: Other items purchased:	7 into and on angola de para.	29	30			, ,		
Doctor(s) seen: Reason for visit: Medicine(s) prescribed: Other items purchased:	Appointment time:	20	30					
Reason for visit: Medicine(s) prescribed: Other items purchased:								
Medicine(s) prescribed: Other items purchased:								
Other items purchased:								
Amorini cualded & bald. T	Amount charged & paid:							

DECEMBER 2 0 1 5

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4	5
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
	6	7	8	9	10	11	12
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:		First day of Hanukkah					
ŭ	13	14	15	16	17	18	19
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
ŭ	20	21	22	23	24	25	26
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:		First day of Winter				Christmas Day	
3 · · · · · · · · · · · · · · · · · · ·	27	28	29	30	31		
Appointment time:			-				
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							

JANUARY 2 0 1 6

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2
Appointment time:						I	2
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:						New Year's Day	
	3	4	5	6	7	8	9
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
	10	11	12	13	14	15	16
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:	17	18	19	20	21	22	23
Appointment time:	17	10	13	20	21	22	23
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:		Martin Luther King, Jr. Day					
	24/31	25	26	27	28	29	30
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							

FEBRUARY 2 0 1 6

			Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
ntine's Day	Presidents' Day					
21	22	23	24	25	26	27
28	29					
	14	14 15 Intine's Day Presidents' Day 21 22	14 15 16 Intine's Day Presidents' Day 21 22 23	14 15 16 17 Intine's Day Presidents' Day 21 22 23 24	14 15 16 17 18 Intine's Day Presidents' Day 21 22 23 24 25	14 15 16 17 18 19 Presidents' Day 21 22 23 24 25 26

MARCH 2 0 1 6

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4	5
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
	6	7	8	9	10	11	12
Appointment time:			-	2			
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
Amount charged & paid.	13	14	15	16	17	18	19
Appointment time:	10	17	10	10	17	10	13
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:	Daylight Saving Time starts				St. Patrick's Day		
Amount charged & paid.	Time starts 20	21	22	23	24	25	26
Appointment time:	20	21	ZZ	20	24	20	20
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:	First day of Spring					Good Friday	
Amount charged & paid.	27	28	29	30	31	Good Filday	
Appointment time:	ZI	20	29	30	31		
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:	Factor Overdon						
Amount charged & paid:	Easter Sunday						

APRIL 2 0 1 6

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1	2
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:						April Fool's Day	
	3	4	5	6	7	8	9
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
Ŭ I	10	11	12	13	14	15	16
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
у по	17	18	19	20	21	22	23
Appointment time:			-	-			
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							First day of Passover
3 3 3 3 1 1 1 1 2 1 1 1	24	25	26	27	28	29	30
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							

MAY 2 0 1 6

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6	7
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
	8	9	10	11	12	13	14
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:	Mothers' Day						
7 11.10 a. 11 0.10.1 go a o a para.	15	16	17	18	19	20	21
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
7 11.10 a. 11 0.10.1 go a o a pana.	22	23	24	25	26	27	28
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
7 tillouit ollaigou a paia.	29	30	31				
Appointment time:	20	- 00	V1				
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:		Memorial Day					
Amount charged & paid.		moniorial Day					

JUNE 2 0 1 6

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3	4
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
	5	6	7	8	9	10	11
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
	12	13	14	15	16	17	18
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:			Flag Day				
g p	19	20	21	22	23	24	25
Appointment time:	-	-					-
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:	Fathers' Day	First day of Summer					
7 tillouit ollaigou a palai	26	27	28	29	30		
Appointment time:	20	2.	20	20	- 00		
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
7 tillouit ollarged & paid.							

JULY 2 0 1 6

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1	2
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
	3	4	5	6	7	8	9
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:		Independence Day					
	10	11	12	13	14	15	16
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
	17	18	19	20	21	22	23
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
	24/31	25	26	27	28	29	30
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							

AUGUST 2 0 1 6

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5	6
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
- J	7	8	9	10	11	12	13
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
7 arrount onargou a para.	14	15	16	17	18	19	20
Appointment time:					.0	.0	
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
7 arrount onargou a para.	21	22	23	24	25	26	27
Appointment time:							_ -
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
7 tillount onargou a paid.	28	29	30	31			
Appointment time:	20		- 00	U1			
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							

SEPTEMBER 2 0 1 6

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2	3
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
	4	5	6	7	8	9	10
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:		Labor Day					
	11	12	13	14	15	16	17
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:	Grandparents Day						
	18	19	20	21	22	23	24
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:					First day of Autumn		
	25	26	27	28	29	30	
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							

OCTOBER 2 0 1 6

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3	4	5	6	7	1/8
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:		First day of Rosh Hashana					
	9	10	11	12	13	14	15
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:		Columbus Day		Yom Kippur			
	16	17	18	19	20	21	22
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
	23	24	25	26	27	28	29
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
	30	31					
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:		Halloween					

NOVEMBER 2 0 1 6

Appointment time: Doctor(s) seen: Reason for visit: Medicine(s) prescribed: Other items purchased: Amount charged & paid: Appointment time: Doctor(s) seen: Reason for visit: Medicine(s) prescribed: Other items purchased: Amount charged & paid: Dayl Time	flight Saving	7	8	9	10	11	12
Doctor(s) seen: Reason for visit: Medicine(s) prescribed: Other items purchased: Amount charged & paid: Appointment time: Doctor(s) seen: Reason for visit: Medicine(s) prescribed: Other items purchased:	rlight Saving ee ends	7	8	9	10	11	12
Reason for visit: Medicine(s) prescribed: Other items purchased: Amount charged & paid: Appointment time: Doctor(s) seen: Reason for visit: Medicine(s) prescribed: Other items purchased:	rlight Saving ee ends	7	8	9	10	11	12
Reason for visit: Medicine(s) prescribed: Other items purchased: Amount charged & paid: Appointment time: Doctor(s) seen: Reason for visit: Medicine(s) prescribed: Other items purchased:	rlight Saving ee ends	7	8	9	10	11	12
Other items purchased: Amount charged & paid: Appointment time: Doctor(s) seen: Reason for visit: Medicine(s) prescribed: Other items purchased:	rlight Saving ee ends	7	8	9	10	11	12
Other items purchased: Amount charged & paid: Appointment time: Doctor(s) seen: Reason for visit: Medicine(s) prescribed: Other items purchased:	rlight Saving ee ends	7	8	9	10	11	12
Amount charged & paid: Appointment time: Doctor(s) seen: Reason for visit: Medicine(s) prescribed: Other items purchased:	rlight Saving ee ends	7	8	9	10	11	12
Appointment time: Doctor(s) seen: Reason for visit: Medicine(s) prescribed: Other items purchased:	rlight Saving ee ends	7	8	9	10	11	12
Doctor(s) seen: Reason for visit: Medicine(s) prescribed: Other items purchased:							
Doctor(s) seen: Reason for visit: Medicine(s) prescribed: Other items purchased:							
Reason for visit: Medicine(s) prescribed: Other items purchased:							
Medicine(s) prescribed: Other items purchased:							
Other items purchased:							
Time						Veterans Day	
	13	14	15	16	17	18	19
Appointment time:			.0			.0	.,
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
7 thoung on angour as para.	20	21	22	23	24	25	26
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:					Thanksgiving Day		
7 incum onargod a para.	27	28	29	30	31		
Appointment time:	2.	20	20	- 00	01		
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							

DECEMBER 2 0 1 6

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2	3
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
	4	5	6	7	8	9	10
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
3 - г . р	11	12	13	14	15	16	17
Appointment time:						-	
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:							
7 milount on an goar at pana.	18	19	20	21	22	23	24
Appointment time:							
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:				First Day of Winter			
7 timoditi oridi god di paidi	25	26	27	28	29	30	31
Appointment time:							<u> </u>
Doctor(s) seen:							
Reason for visit:							
Medicine(s) prescribed:							
Other items purchased:							
Amount charged & paid:	First day of Hanukkah Christmas Day						







Any other questions?

Please feel free to contact MCBS staff at NORC at the University of Chicago at any time.

Call toll-free at: 877-389-3429

Email at: mcbs@norc.org

Visit us at: www.mcbs.norc.org









This survey is authorized by section 1875 (42 USC 139511) of the Social Security Act and is conducted by NORC at the University of Chicago for the U.S. Department of Health and Human Services. OMB control number for this information collection is 0938-0568, and expires 07/31/2017.