



2015 Monthly Planner

Medical Expenditure Panel Survey



2015 Monthly Planner

This monthly planner is provided as a convenient way to keep track of health care events for your family. These events will be asked about during the MEPS interview.

Use it to make notes about all types of health care events:

- Visits to a doctor, dentist, or other health care provider such as a physical therapist, chiropractor, or optometrist
- Visits to a clinic or HMO
- Hospital stays
- Visits to an emergency room
- Visits to an outpatient department of a hospital
- Visits for blood tests, X-rays, or other tests
- Telephone calls to obtain test results or medical advice
- Admissions to a nursing home
- Care received at home from a home health care provider, doctor, nurse, or other health care person
- Prescriptions for medicines that were filled or refilled

Also record other medical expenses:

- Eyeglasses or contact lenses
- Diabetic equipment and supplies, including insulin
- Ambulance services
- Crutches, wheelchairs, and other health-related equipment

For each event, note:

- The date
- The name of the provider
- The reason for the visit or medical expense
- Charges and payments

Notes

2016

January 2016

Su	M	Tu	W	Th	F	Sa
					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 2016

Su	M	Tu	W	Th	F	Sa
	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 2016

Su	M	Tu	W	Th	F	Sa
		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 2016

Su	M	Tu	W	Th	F	Sa
					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 2016

Su	M	Tu	W	Th	F	Sa
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 2016

Su	M	Tu	W	Th	F	Sa
			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 2016

Su	M	Tu	W	Th	F	Sa
					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 2016

Su	M	Tu	W	Th	F	Sa
	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 2016

Su	M	Tu	W	Th	F	Sa
				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 2016

Su	M	Tu	W	Th	F	Sa
						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 2016

Su	M	Tu	W	Th	F	Sa
		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 2016

Su	M	Tu	W	Th	F	Sa
				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



January 2015

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
<i>Daylight Saving Time begins</i>				<i>St. Patrick's Day</i>		
20	21	22	23	24	25	26
<i>First day of Spring</i>					<i>Good Friday</i>	
27	28	29	30	31		
<i>Easter</i>						



March 2016

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



February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
	<i>Chinese New Year</i>					
14	15	16	17	18	19	20
<i>Valentine's Day</i>	<i>Presidents Day</i>					
21	22	23	24	25	26	27
28	29					



February 2016

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

Valentine's Day

Chinese New Year

Presidents Day



March 2015

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



January 2016

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



April 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 <i>First day of Hanukkah</i>	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		<i>First day of Kwanzaa</i>



December 2015

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



May 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Daylight Saving Time ends	9	10	11 <i>Veterans Day</i>	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 <i>Thanksgiving</i>	27	28
29	30					



November 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Mother's Day						
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Memorial Day					



June 2015

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 <i>Columbus Day</i>	20	21	22	23	24
25	26	27	28	29	30	31 <i>Halloween</i>



October 2015

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
				Ramadan begins		
21	22	23	24	25	26	27
28	29	30				



July 2015

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



September 2015

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	
						<i>Independence Day</i>



August 2015

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					