



# 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

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## 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 <i>New Year's Day</i>	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 <i>Martin Luther King, Jr. Day</i>	20	21	22	23	24
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>









# 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
	<i>Columbus Day</i>					
18	19	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
21	22	23	24	25	26	27
28	29	30				

Flag Day

Ramadan begins

First day of Summer  
Father's Day





# July 2015

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