

Make a list of regular health costs, noting how you pay for them. For example, you know that you fill a prescription every 90 days, you see your specialist every three months or you have a supplemental prescription plan that you pay monthly.

Complete this worksheet for every member of the household.

1. Describe the health care item or related expense in the first column.
2. Identify the frequency of the item or expense for the year in the second column.
3. Assign a cost to the item or expense in the third column.
4. Calculate the annual cost in the fourth column.
5. At the end of the worksheet, tally the total annual cost for all items.

HEALTH CARE ITEM OR EXPENSE AND FREQUENCY	YEARLY FREQUENCY	COST	ANNUAL COST
<i>Example: Insurance monthly premium (12 times per year)</i>	12	\$275.00	\$3,300.00
<i>Example: Specialist visit (copay 4 times per year)</i>	4	\$50.00	\$200.00
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		\$	\$
		\$	\$
		\$	\$
		\$	\$
<b>TOTAL ANNUAL COSTS</b>			\$

