



This worksheet will help you determine the dollar amount you will spend for medical expenses during the plan year. In order to maximize your savings, please include expenses for you, your spouse and any of your dependents in your calculation.

Medical Expenses not covered by Insurance

- Deductibles, Co-pays, Coinsurance
- Physician Visits/Routine Exams
- Prescription Drugs
- Insulin/Syringes
- Chiropractic Treatments
- Over-the-Counter Drugs and Medicine
- Other: _____

Annual Estimate

\$ _____
 \$ _____
 \$ _____
 \$ _____
 \$ _____
 \$ _____
 \$ _____

Subtotal Medical Expenses

\$ _____

Dental Expenses Not Covered by Insurance

- Checkups/Cleanings
- Fillings
- Root Canals
- Crowns/Bridges/Dentures
- Oral Surgery
- Orthodontia
- Other: _____

Annual Estimate

\$ _____
 \$ _____
 \$ _____
 \$ _____
 \$ _____
 \$ _____
 \$ _____

Subtotal Dental Expenses

\$ _____

Vision/Hearing Expenses Not Covered by Insurance

- Exams
- Eyeglasses
- Prescription Sunglasses
- Contact Lenses & Cleaning Solutions
- Corrective Eye Surgery (LASIK, cataract etc.)
- Hearing Exams/Hearing Aids & Batteries

Annual Estimate

\$ _____
 \$ _____
 \$ _____
 \$ _____
 \$ _____
 \$ _____

Subtotal Vision Expenses

\$ _____

TOTAL MEDICAL EXPENSES \$ _____