

Health Care Expense Worksheet



Instructions

This worksheet is for estimating annual health care expenses only.

1. Enter your annual cost for each health care option you use
2. Add up the Total Annual Health Care Expense
3. Determine your yearly Number of Pay Periods = Weekly/52, Bi-Weekly/26, Semi-Monthly/24, Monthly/12
4. Divide the Total Annual Expense by the number of pay periods to calculate the amount needed to be withheld every pay period

1 Medical Care

Insurance Deductibles	\$ _____
Co-pays	\$ _____
Routine Exams	\$ _____
Prescriptions	\$ _____
Lab Expenses	\$ _____
Medical Equipment	\$ _____
Chiropractor Visits	\$ _____
Physical Therapy	\$ _____
Other	\$ _____
Total Annual Medical Care Expenses	\$ _____

2 Vision Care

Eye Exam	\$ _____
Glasses	\$ _____
Prescription Sun Glasses	\$ _____
Contacts	\$ _____
Contact Lens Solutions	\$ _____
Insurance Deductibles/Co-pays	\$ _____
Total Annual Vision Care Expenses	\$ _____

3 Dental Care

Cleanings	\$ _____
X-Rays	\$ _____
Crowns	\$ _____
Other	\$ _____
Total Annual Dental Care Expenses	\$ _____

4 Orthodontia Care

Orthodontia	\$ _____
Retainers	\$ _____
Total Annual Orthodontia Care Expenses	\$ _____