



2013–2014

Monthly



Planner



Agency for Healthcare Research and Quality
Centers for Disease Control and Prevention
U.S. Department of Health and Human Services

MEPS
Medical Expenditure Panel Survey







Instructions

You may use this monthly planner to help prepare for your MEPS interviews.

Each time you receive health care, record the following information:

- *name of the person who received the care*
- *name of the health care provider*
- *reason for the health care visit or phone call*
- *total cost of the health care received, who paid, and how much they paid*
- *any medications prescribed*

In the back of this monthly planner is a section to record the contact information for your health care providers and pharmacies.





January 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1 New Year's Day	2
6	7	8	9
13	14	15	16
20	21 Martin Luther King, Jr. Day	22	23
27	28	29	30





THURSDAY

FRIDAY

SATURDAY

3	4	5	
10	11	12	
17	18	19	DECEMBER S M T W T F S 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
24	25	26	JANUARY S M T W T F S 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
31			FEBRUARY S M T W T F S 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



February 2013

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

3	4	5	6
10 Chinese New Year	11	12	13
17	18 Presidents' Day	19	20
24	25	26	27





THURSDAY

FRIDAY

SATURDAY

	1	2	
7	8	9	
14 Valentine's Day	15	16	JANUARY S M T W T F S 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
21	22	23	FEBRUARY S M T W T F S 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
28			MARCH S M T W T F S 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



March 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
3	4	5	6
10 Daylight Saving Time begins	11	12	13
17 St. Patrick's Day	18	19	20 First day of Spring
24 Easter 31	25	26 First day of Passover	27



THURSDAY

FRIDAY

SATURDAY

	1	2	
7	8	9	
14	15	16	FEBRUARY S M T W T F S 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
21	22	23	MARCH S M T W T F S 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
28	29 Good Friday	30	APRIL S M T W T F S 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



April 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1	2	3
7	8	9	10
14	15	16	17
21	22 Earth Day	23	24
28	29	30	





THURSDAY

FRIDAY

SATURDAY

4	5	6	
11	12	13	
18	19	20	MARCH S M T W T F S 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
25	26	27	APRIL S M T W T F S 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 S M T W T F S 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



May 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			1
5	6	7	8
12 Mother's Day	13	14	15
19	20	21	22
26	27 Memorial Day	28	29





THURSDAY

FRIDAY

SATURDAY

2	3	4	
9	10	11	
16	17	18	APRIL S M T W T F S 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
23	24	25	MAY S M T W T F S 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
30	31		JUNE S M T W T F S 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



June 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
2	3	4	5
9	10	11	12
16 Father's Day	17	18	19
23 30	24	25	26





THURSDAY

FRIDAY

SATURDAY

		1	
6	7	8	
13	14 Flag Day	15	<div>MAY</div> <div>S M T W T F S</div> <div>1 2 3 4</div> <div>5 6 7 8 9 10 11</div> <div>12 13 14 15 16 17 18</div> <div>19 20 21 22 23 24 25</div> <div>26 27 28 29 30 31</div>
20	21 First day of Summer	22	<div>JUNE</div> <div>S M T W T F S</div> <div>1</div> <div>2 3 4 5 6 7 8</div> <div>9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22</div> <div>23 24 25 26 27 28 29</div> <div>30</div>
27	28	29	<div>JULY</div> <div>S M T W T F S</div> <div>1 2 3 4 5 6</div> <div>7 8 9 10 11 12 13</div> <div>14 15 16 17 18 19 20</div> <div>21 22 23 24 25 26 27</div> <div>28 29 30 31</div>



July 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1	2	3
7	8	9	10 Ramadan begins
14	15	16	17
21	22	23	24
28	29	30	31





THURSDAY

FRIDAY

SATURDAY

4 Independence Day	5	6	
11	12	13	
18	19	20	JUNE S M T W T F S 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
25	26	27	JULY S M T W T F S 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 S M T W T F S 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 2013

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28





THURSDAY

FRIDAY

SATURDAY

1	2	3	
8	9	10	
15	16	17	JULY S M T W T F S 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
22	23	24	AUGUST S M T W T F S 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
29	30	31	SEPTEMBER S M T W T F S 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



September 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2 Labor Day	3	4
8	9	10	11
15	16	17	18
22 First day of Fall	23	24	25
29	30		





THURSDAY

FRIDAY

SATURDAY

5 Rosh Hashanah	6	7	
12	13	14 Yom Kippur	
19	20	21	AUGUST S M T W T F S 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
26	27	28	SEPTEMBER S M T W T F S 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 S M T W T F S 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



October 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1	2
6	7	8	9
13	14 Columbus Day	15	16
20	21	22	23
27	28	29	30





THURSDAY

FRIDAY

SATURDAY

3	4	5	
10	11	12	
17	18	19	SEPTEMBER S M T W T F S 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
24	25	26	OCTOBER S M T W T F S 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
31 Halloween			NOVEMBER S M T W T F S 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



November 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
3 Daylight Saving Time ends	4	5	6
10	11 Veterans Day	12	13
17	18	19	20
24	25	26	27





THURSDAY

FRIDAY

SATURDAY

	1	2	
7	8	9	
14	15	16	OCTOBER S M T W T F S 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
21	22	23	NOVEMBER S M T W T F S 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
28 Thanksgiving Day First day of Hanukkah	29	30	DECEMBER S M T W T F S 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



December 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25 Christmas Day
29	30	31	





THURSDAY

FRIDAY

SATURDAY

5	6	7	
12	13	14	
19	20	21 First day of Winter	NOVEMBER S M T W T F S 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
26 First day of Kwanzaa	27	28	DECEMBER S M T W T F S 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 S M T W T F S 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 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			1 New Year's Day
5	6	7	8
12	16	14	15
19	20 Martin Luther King, Jr. Day	21	22
26	27	28	29





THURSDAY

FRIDAY

SATURDAY

2	3	4	
9	10	11	
16	17	18	DECEMBER S M T W T F S 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
23	24	25	JANUARY S M T W T F S 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
30	31 Chinese New Year		FEBRUARY S M T W T F S 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



February 2014

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

2	3	4	5
9	10	11	12
16	17 Presidents' Day	18	19
23	24	25	26





THURSDAY

FRIDAY

SATURDAY

		1	
6	7	8	
13	14 Valentine's Day	15	JANUARY S M T W T F S 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
20	21	22	FEBRUARY S M T W T F S 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
27	28		MARCH S M T W T F S 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



March 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
2	3	4	5
9 Daylight Saving Time begins	10	11	12
16	17 St. Patrick's Day	18	19
23	24	25	26
30	31		





THURSDAY

FRIDAY

SATURDAY

		1	
6	7	8	
13	14	15	FEBRUARY S M T W T F S 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
20 First day of Spring	21	22	MARCH S M T W T F S 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
27	28	29	APRIL S M T W T F S 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



April 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1	2
6	7	8	9
13	14	15 First day of Passover	16
20 Easter	21	22 Earth Day	23
27	28	29	30





THURSDAY

FRIDAY

SATURDAY

3	4	5	
10	11	12	
17	18 Good Friday	19	MARCH S M T W T F S 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
24	25	26	APRIL S M T W T F S 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 S M T W T F S 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



May 2014

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

4	5	6	7
11 Mother's Day	12	13	14
18	19	20	21
25	26 Memorial Day	27	28





THURSDAY

FRIDAY

SATURDAY

1	2	3	
8	9	10	
15	16	17	APRIL S M T W T F S 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
22	23	24	MAY S M T W T F S 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
29	30	31	JUNE S M T W T F S 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



June 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2	3	4
8	9	10	11
15 Father's Day	16	17	18
22	23	24	25
29	30		





THURSDAY

FRIDAY

SATURDAY

5	6	7	
12	13	14 Flag Day	
19	20	21 First day of Summer	MAY S M T W T F S 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
26	27	28 Ramadan begins	JUNE S M T W T F S 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 S M T W T F S 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



July 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30





THURSDAY

FRIDAY

SATURDAY

3	4 Independence Day	5	
10	11	12	
17	18	19	JUNE S M T W T F S 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
24	25	26	JULY S M T W T F S 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
31			AUGUST S M T W T F S 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 2014

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

3	4	5	6
10	11	12	13
17	18	19	20
24 31	25	26	27





THURSDAY

FRIDAY

SATURDAY

	1	2	
7	8	9	
14	15	16	JULY S M T W T F S 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
21	22	23	AUGUST S M T W T F S 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
28	29	30	SEPTEMBER S M T W T F S 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



September 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1 Labor Day	2	3
7	8	9	10
14	15	16	17
21	22	23 First day of Fall	24
28	29	30	





THURSDAY

FRIDAY

SATURDAY

4	5	6	
11	12	13	
18	19	20	AUGUST S M T W T F S 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
25 Rosh Hashanah	26	27	SEPTEMBER S M T W T F S 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 S M T W T F S 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



October 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			1
5	6	7	8
12	13 Columbus Day	14	15
19	20	21	22
26	27	28	29





THURSDAY

FRIDAY

SATURDAY

2	3	4 Yom Kippur	
9	10	11	
16	17	18	SEPTEMBER S M T W T F S 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
23	24	25	OCTOBER S M T W T F S 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
30	31 Halloween		NOVEMBER S M T W T F S 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



November 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
2 Daylight Saving Time ends	3	4 Election Day	5
9	10	11 Veterans Day	12
16	17	18	19
23 30	24	25	26





THURSDAY

FRIDAY

SATURDAY

		1	
6	7	8	
13	14	15	<div>OCTOBER</div> <div>SMTWTFS</div> <div>1 2 3 4</div> <div>5 6 7 8 9 10 11</div> <div>12 13 14 15 16 17 18</div> <div>19 20 21 22 23 24 25</div> <div>26 27 28 29 30 31</div>
20	21	22	<div>NOVEMBER</div> <div>SMTWTFS</div> <div>1</div> <div>2 3 4 5 6 7 8</div> <div>9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22</div> <div>23 24 25 26 27 28 29</div> <div>30</div>
27 Thanksgiving Day	28	29	<div>DECEMBER</div> <div>SMTWTFS</div> <div>1 2 3 4 5 6</div> <div>7 8 9 10 11 12 13</div> <div>14 15 16 17 18 19 20</div> <div>21 22 23 24 25 26 27</div> <div>28 29 30 31</div>



December 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1	2	3
7	8	9	10
14	15	16	17 First day of Hanukkah
21 First day of Winter	22	23	24
28	29	30	31





THURSDAY

FRIDAY

SATURDAY

4	5	6	
11	12	13	
18	19	20	NOVEMBER S M T W T F S 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
25 Christmas Day	26 First day of Kwanzaa	27	DECEMBER S M T W T F S 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 S M T W T F S 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



Health Care Providers

Name

Address

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