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# MEDICAL EXPENSES WORKSHEET

Document all of your medical expenses below. This includes each visit to the doctor, physical therapist, chiropractor, prescriptions, or any other expense related to your care. In addition to recording all of the information in this chart, take pictures of your receipts (or scan them), and save them on your computer.

PROVIDER	DATE	TOTAL CHARGES	ADJUSTMENTS*	INSURANCE PAID	YOU PAID	BALANCE

\*These are typically one of the following three things: (1) a health insurance negotiated adjustment for the treatment, (2) a “self-pay” discount for uninsured patients, or (3) a “write-off” by the provider.