

My Healthcare Cost



Patient Name _____ Patient # _____ Date _____

There is a simple way to find out what your current and future healthcare costs will be. Below is a formula to determine how much money you are spending on your healthcare on a daily/weekly/yearly basis!

1. How much do you spend on medication, doctor visits and hospital costs per month?

Calculate the amount of money spent monthly on medication, doctor visits and hospital costs.

Example: \$50.00 per month and multiply by 12 months Per year = \$600.00

\$ _____

2. How much time per day do you spend dealing with your specific healthcare conditions?

Extra time to complete tasks, time spent worrying about your condition, time away from family, fun activities or time away from work itself?

Example: Time: 1 hr per day X 7 days per week = 7 hrs per week

Money: 30,000 yr salary divided by 2000 hrs per year = 15.00 per hr.

This estimate is based on an average 40hr work week, if your work week is less or more, please multiply hours per week X 50 weeks per year (2 weeks per year assumed for vacation time).

Example: 7 hrs. X 15.00 per hr. = 105.00 per week X 50 weeks per year = \$5,250.00 per year

Time: _____ x Hourly Rate: _____ x 50 weeks = \$ _____

Example: \$600.00 + \$5,250.00 = 5850.00 = yearly cost of your healthcare.

Examples listed may vary greatly based on individual health and other personal factors

Yearly Cost of Healthcare = \$ _____

I am amazed at how expensive it is to live with dis-ease and chronic illness. Please do not read any further, unless you are really interested to know what your healthcare costs are going to be on a long term basis. This number is very intimidating and is not for the faint of heart.

Ask yourself, how many more years do you want to live? Now multiply your yearly cost of healthcare as calculated above...

Yearly cost of Healthcare _____ x Years you hope/plan to live: _____ = \$ _____

Example: 5250.00 x 30 yrs (hopefully more) = 157,500.00

Studies done by Fidelity and the Center for Retirement Research at Boston College have estimated that the average individual (that is you and your spouse) will need over \$100,000 each, just to cover the rising cost of prescription drugs and to "manage the cost of increasing chronic conditions" like diabetes and heart disease. **These costs already include your Medicare coverage!** This number does not include the cost of unexpected illness requiring additional medication, doctor's visits and hospital stays. Doesn't it make sense to invest in your health as soon as possible?

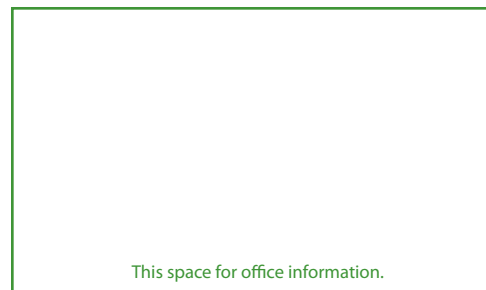
Ask yourself...

Would you rather keep your money, time and health?

Do you find that your health continues to get better or worse each year?

If you don't change what you are doing will your health issues become better or worse.

If you want to change your health you must do something different, Albert Einstein said, "The definition of insanity is doing the same thing over and over again and expecting different results". **Do something different!**



This space for office information.