

Health Care Expense Worksheet

(This worksheet is for estimating annual health care expenses only. To enroll, please complete an Enrollment Form)

Instructions	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		
Medical Care	Insurance Deductibles	\$	_____
	Co-pays	\$	_____
	Routine Exams	\$	_____
	Prescriptions	\$	_____
	Lab Expenses	\$	_____
	Medical Equipment	\$	_____
	Chiropractor Visits	\$	_____
	Physical Therapy	\$	_____
	Other	\$	_____
	Total Annual Medical Care Expense	\$	_____
Vision Care	Eye Exams	\$	_____
	Glasses	\$	_____
	Prescription Sun Glasses	\$	_____
	Contacts	\$	_____
	Contact Lens Solutions	\$	_____
	Insurance Deductibles/Co-pays	\$	_____
		Total Annual Vision Care Expense	\$
Dental Care	Cleanings	\$	_____
	X-rays	\$	_____
	Insurance Deductibles/Co-pays	\$	_____
	Fillings	\$	_____
	Crowns	\$	_____
	Other	\$	_____
		Total Annual Dental Care Expense	\$
Orthodontics	Orthodontia	\$	_____
	Retainers	\$	_____
		Total Annual Orthodontia Care Expense	\$
Totals	Total Annual Health Care Expense	÷	Number of Pay Periods = Total Pay Period Deduction
	\$		= \$