PLANNING TOOL FOR UPCOMING MEDICAL TREATMENT

Patients often face multiple out-of-pocket costs related to their medical care. This includes direct medical costs, such as co-pays, premiums, or deductibles related to their appointments, tests, medications, or hospitalizations, and direct non-medical costs, such as transportation and parking. Patients also have indirect medical costs, which include lost wages related to their appointments.

Planning for their care can help patients manage their health care costs. Knowing what to expect when allows patients to plan ahead for childcare, days off, and medical care bill-paying. In fact, it has been shown that patients who knew what to expect were more adherent to their treatment plans, regardless of cost.

The following template can be helpful when meeting with patients to sketch out what the following year (or 6 months.) may entail in terms of their health care. It is, of course, impossible to predict exactly what care the patient will require over the period, but this provides them with a good starting point. In fact, patients participating in a focus group unanimously declared this tool valuable and said they would use it with all their health care visits.

List each of the patient's currently managed	
diagnoses. For each diagnosis, please state whether	· it

will require medications or monitoring/testing in the next 12 months.



