

medical bills and insurance tracker

Why use this medical bill ledger?

1. For every appointment you have with a medical professional, you will receive at least 25 invoices and bills. Well, maybe not 25; but you will receive a lot of letters, notes and calls. They may be from your insurance company, the doctor's office, lab, or hospital. Just know they are coming!
2. Call your insurance company and cancer center and ask them to explain how to read their bills. Their paperwork can be confusing.
3. Track your visits and paperwork using our billing ledger to keep yourself organized and on top of your paperwork.
4. Remember, having more information gives you power and getting organized keeps you calm. Once you know how to read the bills and invoices, and keep them in order, you will feel more in control.
5. There are many financial and insurance resources to help you. Even if you have insurance, your plan may not cover all your expenses. Look at the national and local resources listed in this planner for support.

Why record my conversations with the insurance carrier?

1. When it comes to discussions about money, reimbursements and your coverage, it is very important to track those in detail.
2. You may need to look back at your notes if the insurance company does not follow through.
3. If you have insurance, it helps to speak to the same person each time you call to ask questions. Ask your insurance company if they can assign you a specialist to speak to each time you call with questions.

medical bill ledger

	appointment or procedure	date of procedure	date invoice received	invoice received from
1				
2				
3				
4				
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12				
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amount paid by insurance	balance due	date payment was mailed	date insurance reimbursed
			1
			2
			3
			4
			5
			6
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For additional pages go to www.CANCER101.org/sheets, or request them by phone at (646)638-2202 or by email at info@CANCER101.org 145

record insurance conversations
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