Medical expenses worksheet

For you, your spouse and your children. Receipts alone are fine; this just helps.

How to use this worksheet

1. One row for each bill, or one row for each place (for example, one pharmacy total).
2. Write what insurance paid you back. What you paid works out by itself in Adobe Acrobat Reader.
3. Need more rows? Use a second copy of this PDF.

You type here | *Example* Shows the format | Adds up by itself

Counts: dentist, glasses and contacts, prescriptions, physio, massage with a referral, hearing aids, care home costs, and health insurance you paid yourself (not your employer).

Your medical bills

Paid to / what for	Date	Who	Amount	Insurance paid back	You paid
Dr. Lee, dental cleaning	2026-03-14	*Me*	$280.00	$224.00	$56.00
Total					

You paid (after insurance)

By person

Me	
Spouse	
Child	
Other dependant	

Notes for us

Anything we should know. For example: "I sold the old fridge" or "The tenant moved out in June."

Done? Save this PDF and upload it in your organizer, with everything else.
Questions? 343-777-9845 · hello@mbcorp.ca