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YOUR
Health Care
Information



Instructions

You may use this record keeper to help prepare for your future MEPS interviews. For each health care event record the following information:

- household member’s name
- date of the visit or phone call
- health care provider
- reason for the visit or phone call
- any payment information
- any medications prescribed

On the back of the record keeper there is space to record your health care providers’ contact information.



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