

## TIPS FOR MAKING YOUR MEPS INTERVIEW EASIER

Use records like these to make it easier to answer the MEPS survey questions:

- Records covering health care appointments for all household members
  - A family calendar, or each person's own calendar
  - Electronic calendar in a cell phone, laptop, tablet or iPad, etc
  - Appointment cards or email reminders from a medical provider
  - Receipts
  - Explanation of Benefits (EOB) from your health insurance provider
  - Computerized health care records, including those from your provider or patient portal
  - MEPS monthly planner with your notes added
  
- Records covering health care received without an appointment
  - Emergency Room (ER) or Walk-In Clinic discharge instructions or receipts
  - Payment records (e.g., credit card statements, debit card records, checkbook log)
  - Health care provider business cards
  - Prescription medicine bottles
  - Pharmacy print-outs
  - Explanation of Benefits (EOB) from your health insurance provider
  - Lab referral or result records

THANK YOU for gathering this information for all household members!

**\*\* Your MEPS interviewer is happy to work with you \*\***  
in using these documents during the interview

### MEPS counts many things you might not think of as “health care”....

- Diagnostic tests such as blood work, X-rays, mammograms, MRI or CAT scans
- Vaccinations for children and adults
- Flu shots and allergy shots
- All types of preventative care, including well visits
- Dental check-ups, and orthodontic care (braces)
- Blood pressure checks and other types of heart health monitoring
- Eye exams and prescription glasses or contact lenses
- Counseling and other care from psychologists or mental health specialists
- Physical, speech or occupational therapy
- Chiropractic care, acupuncture, homeopathic or other alternative care
- Prescription medicines including birth control, insulin and diabetic supplies
- Care received at home by visiting nurses or other home health aides
- Phone calls to medical providers or labs to check test results

 **And much more -- ask your interviewer if you are not sure what to include**

### Of course, MEPS also counts ....

- Hospital stays, even if just part of a day or longer
- Care received at the Emergency Room or Urgent Care Centers
- Care at walk-in clinics such as clinics at work, or in a pharmacy (Minute Clinics)
- Sick visits to a doctor, nurse or physician assistant
- Pre-natal care, and all other obstetrician/gynecological care
- Pre-op care before surgery, the surgery and the follow-up care
- Cancer treatments including chemotherapy and radiation