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

* 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
* Dialysis and other long term treatments
* Oral surgery

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

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