

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

- MEPS monthly planner with your notes added
- A family calendar, or each person's own calendar
- Electronic calendars (e.g., cell phone, laptop, iPad)
- 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

▶ 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 using these documents during the interview.

What does MEPS count?

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 preventive 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

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.