

## MEPS Tip Sheet

### A few tips to help you prepare for your MEPS interview

#### HEALTH CARE



#### What we will ask about:

Your interviewer will ask you about visits to all different types of health care providers, such as:

- hospitals— for inpatient, outpatient, or emergency room care
- doctors' offices, clinics, or HMOs
- visits for blood tests, x-rays, or other tests
- visits to the dentist
- visits to chiropractors, physical therapists, optometrists, or other kinds of healthcare providers



The interviewer will also ask about health-related purchases, such as:

- prescription medicines
- eyeglasses or contact lenses
- diabetic supplies
- other health-related equipment



#### Who we will ask about:

Your interviewer will ask questions about the healthcare received by each family member living with you. Check with family members who will not be present for the interview to find out about their health care.



#### How to get ready:

Having records to look at during the interview can be very helpful. Records can include:

- a calendar— on a phone, computer, or paper
- computerized health care records, including those from your provider or patient portal
- appointment cards
- bills and explanations of benefits (EOB)
- medicine bottles or receipts

#### Tip:

Sign up for your health insurance portal for easy access to EOBs and other records.

Your interviewer will be happy to help you use your records to find the information needed for the study.

If you have questions before your visit, please call Alex Scott toll-free at **1-800-945-6377** or email **[AlexScott@westat.com](mailto:AlexScott@westat.com)**.

**Thank You!**