

# 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?

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## **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 wellness 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.**