

EXAMPLES OF HEALTH CARE IMPORTANT TO MEPS

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
- Dialysis and other long term treatments
- Oral surgery



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