

Your Health Care

Record Keeper

You may use this record keeper to help prepare for your MEPS interviews. Each time you or a family member receives health care, fill out a block on the following pages.







Each time you or a family member receives health care, record the following information:

Example	
Name Jane Doe	Name
Date of Visit January 15, 2021	Date of Visit
Provider Name Dr. Eric West	Provider Name
Reason for Visit Ear Infection	Reason for Visit
Total Charge #75	Total Charge
Payment by Family #25	Payment by Family
Payment by Other #50	Payment by Other
Prescriptions Amoxicillin 20mg TAB	Prescriptions
Name	Name
Date of Visit	Date of Visit
Provider Name	Provider Name
Reason for Visit	Reason for Visit
Total Charge	Total Charge
Payment by Family	Payment by Family
Payment by Other	Payment by Other
Prescriptions	Prescriptions
Name	Name
Date of Visit	Date of Visit
Provider Name	Provider Name
Reason for Visit	Reason for Visit
Total Charge	Total Charge
Payment by Family	Payment by Family
Payment by Other	Payment by Other
Droscriptions	Prescriptions

Each time you or a family member receives health care, record the following information:

Name	Name
Date of Visit	Date of Visit
Provider Name	Provider Name
Reason for Visit	Reason for Visit
Total Charge	Total Charge
Payment by Family	Payment by Family
Payment by Other	Payment by Other
Prescriptions	Prescriptions
Name	Name
Date of Visit	Date of Visit
Provider Name	Provider Name
Reason for Visit	Reason for Visit
Total Charge	Total Charge
Payment by Family	Payment by Family
Payment by Other	Payment by Other
Prescriptions	Prescriptions
Name	Name
Date of Visit	Date of Visit
Provider Name	Provider Name
Reason for Visit	Reason for Visit
Total Charge	Total Charge
Payment by Family	Payment by Family
Payment by Other	Payment by Other
Prescriptions	Prescriptions

Each time you or a family member receives health care, record the following information:

Name	Name
Date of Visit	Date of Visit
Provider Name	Provider Name
Reason for Visit	Reason for Visit
Total Charge	Total Charge
Payment by Family	Payment by Family
Payment by Other	Payment by Other
Prescriptions	Prescriptions
Name	Name
Date of Visit	Date of Visit
Provider Name	Provider Name
Reason for Visit	Reason for Visit
Total Charge	Total Charge
Payment by Family	Payment by Family
Payment by Other	Payment by Other
Prescriptions	Prescriptions
Name	Name
Date of Visit	Date of Visit
Provider Name	Provider Name
Reason for Visit	Reason for Visit
Total Charge	Total Charge
Payment by Family	Payment by Family
Payment by Other	Payment by Other
Prescriptions	Prescriptions

Contact Information. List your family's health care providers:

Name	Name	
Address	Address	
Phone	Phone	
Name	Name	
Address	Address	
Phone	Phone	
Name	Name	
Address	Address	
Phone	Phone	
Name	Name	
Address	Address	
Phone	Phone	

Contact Information. List your family's health care providers:

Name	Name	
Address	Address	
Phone	Phone	
Name	Name	
Address	Address	
Phone	Phone	
Name	Name	
Address	Address	
Phone	Phone	
Name	Name	
Address	Address	
Phone	Phone	

Contact Information. List your family's health care providers:

Name	Name	
Address	Address	
	·	
Phone	Phone	
Name	Name	
Address	Address	
Phone	Phone	
Name	Name	
Address	Address	
Phone	Phone	
Name	Name	
Address	Address	
Phone	Phone	