Part I Reporting Issuer

1. Issuer's name
   MFS INTERMEDIATE HIGH INCOME FUND

2. Issuer's employer identification number (EIN)
   04-6593681

MFS SERVICE CENTER, INC.

3. Name of contact for additional information
   MFS SERVICE CENTER, INC.

4. Telephone No. of contact
   (800) 225-2606

5. Email address of contact
   dlinternet-svcs@mfs.com

6. Number and street (or P.O. box if mail is not delivered to street address) of contact
   111 HUNTINGTON AVENUE

7. City, town, or post office, state, and ZIP code of contact
   BOSTON, MA 02199

8. Date of action
   11/30/18

9. Classification and description
   REGULATED INVESTMENT COMPANY (RIC) SHARES - COMMON

10. CUSIP number
    SEE ATTACHED

11. Serial number(s)
    SEE ATTACHED

12. Ticker symbol
    SEE ATTACHED

13. Account number(s)

Part II Organizational Action

Attach additional statements if needed. See back of form for additional questions.

14. Describe the organizational action and, if applicable, the date of the action or the date against which shareholders’ ownership is measured for the action: Non-taxable return of capital distributions to shareholders. See attached.

15. Describe the quantitative effect of the organizational action on the basis of the security in the hands of a U.S. taxpayer as an adjustment per share or as a percentage of old basis: The total amount of Box 14, per share non-taxable return of capital, on the attached schedule, represents a reduction in the shareholder's tax basis in their shares held.

16. Describe the calculation of the change in basis and the data that supports the calculation, such as the market values of securities and the valuation dates: The tax basis of the shareholders' shares is decreased by the Box 14, per share amount of non-taxable return of capital on the attached schedule, multiplied by the number of shares the shareholder owns.
**Part II  Organizational Action (continued)**

17 List the applicable Internal Revenue Code section(s) and subsection(s) upon which the tax treatment is based ► **Pursuant to IRC Sec. 301(c)(1), the portion of a distribution which is a dividend (as defined in IRC Sec. 316), is includable in gross income. Pursuant to IRC Sec. 301(c)(2), the portion of a distribution which is not a dividend, shall be applied against and reduce the adjusted tax basis of the stock.**

18 Can any resulting loss be recognized? ► **No loss will be recognized as a result of a non-taxable return of capital.**

19 Provide any other information necessary to implement the adjustment, such as the reportable tax year ► **This organizational action is reportable with respect to tax year 2018.**

Sign Here

Under penalties of perjury, I declare that I have examined this return, including accompanying schedules and statements, and to the best of my knowledge and belief, it is true, correct, and complete. Declaration of preparer (other than officer) is based on all information of which preparer has any knowledge.

Signature ► ________________________________________________________________________ Date ► __________

Print your name ► **A signed copy is maintained by the issuer**

Title ► ________________________________________________________________________

**Paid Preparer Use Only**

Print/Type preparer’s name Preparer’s signature Date Check if self-employed PTIN

Firm’s name ► ________________________________________________________________________

Firm’s address ► ________________________________________________________________________

Firm’s EIN ► ________________________________________________________________________

Phone no. ► ________________________________________________________________________

Send Form 8937 (including accompanying statements) to: Department of the Treasury, Internal Revenue Service, Ogden, UT 84201-0054
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