# VIEW YOUR PATH TO BETTER HEALTH

#### **Step 8: Next Steps After Step 6: Be Prepared for Your Visit Your Appointment** • Have your insurance card with you. • Follow your provider's instructions. Know your health history, such as previous **Step 2: Understand Your** Step 4: Find a Provider • Fill any prescriptions you were serious illnesses or injuries and when they **Health Coverage** happened, any known allergies to medications, given. Take them as directed. • Find a primary care provider who and past vaccinations, and family health history. takes your coverage. • Check with your health plan to see what • Schedule a follow-up visit if you need one. • Make a list of any medicines you take. services are covered (it may be in your • Check your plan's list of providers. Review your Explanation of Benefits to plan's handbook or website). • Bring a list of questions and things to discuss make sure it's correct. Ask people vou trust who their and take notes during your visit. • Know your costs (premiums, copayments, provider is. You can also do • Pay your health care bills. deductibles, coinsurance). research on the internet. • Bring someone with you to help if you need it. • Contact your provider or health • Know the difference between in-network • If you're assigned a provider, plan with any questions. and out-of-network care. contact your plan if you want to change.

#### **Step 1: Put Your Health First**

- · Staying healthy is important for you and your family.
- Maintain a healthy lifestyle at home, at work, and in the community.
- Get health screenings and manage chronic conditions.
- Keep all of your health information in one place.

### **Step 3: Know Where to Go for Care**

- Use the emergency department for emergencies and life-threatening situations.
- Primary care is preferred when it's not an emergency or lifethreatening situation.
- · Know the difference between primary care and emergency care.

## Step 5: Make an Appointment

- Tell them if you're a new patient or have been there before.
- Give the name of your health plan. Ask if they take your insurance.
- Tell them the name of the provider you want to see and why you want an appointment.
- · Ask for days or times that work for you.
- Ask what you'll need to bring for the appointment.

## **Step 7: Decide If the Provider is Right for You**

- Did you feel comfortable with the provider you saw?
- Were you able to understand your provider? Did your provider understand you?
- Did you feel like you and your provider could make good decisions together?
- Remember: it is okay to change to a different provider!

If you want to change your provider, return to Step 4.

