

# Stay healthy and make the most of your visits!

## Come prepared to your medical appointments. Be sure to ask these questions.

- **Who** am I seeing today?
  - Doctor's name
  - Address
  - Phone number
- Is a translator available (if needed)?
- **Why** do I have this appointment?
  - I don't feel well
  - Follow-up visit
  - Specialist visit
- **What** do I want my doctor to know?
- **Next steps?**
  - Blood work or other tests
  - New medicine
  - Appointment with a specialist
- **When** do I need to return?
- Did I understand what my doctor told me?

Bring a list of your medicines with you.

If you need transportation, case management or a new doctor, please contact Member Services:



**Call (800) 223-7242**  
(TTY: 711)  
Monday to Friday  
8 a.m. to 6 p.m.



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