

How to Get More Out of an Appointment with Your Doctor

To make the most of an appointment with your doctor, prepare before you go, know what you want to talk about while you are there and make sure you understand exactly how to follow up after.

Before the Appointment

- Write down all your questions or concerns so you don't forget to ask. How have you been feeling? Do you have a new health problem or an old one about which you want to check in?
- Make a list of all the medications you take, including dose and frequency. Don't forget to write down over-the-counter drugs as well as herbs, supplements and vitamins. The doctor needs to know because any drug—even over the counter and herbal remedies—can interact with other prescription drugs in a harmful way.
- Consider asking a family member or friend to come along with you. It can be helpful to have another person listen to the doctor's explanation, ask questions, take notes, and share information.
- Especially if you're visiting a new provider, check to make sure they are in the HealthSelect network. To confirm, use the Provider Finder®, which you can access via the Find a Doctor/Hospital page on www.healthselectoftexas.com, or call a Personal Health Assistant from Blue Cross and Blue Shield of Texas (BCBSTX).

Call a Personal Health Assistant from BCBSTX for help finding a network provider or lab, scheduling an appointment, or verifying your coverage. Personal Health Assistants can be reached at (800) 252-8039, Monday–Friday 7 a.m. - 7 p.m. and Saturday 7 a.m. - 3 p.m. central time.

During the Appointment

- Bring your questions and your list of medications. If you have a problem or question about your health or medications, your doctor is the person to ask. Be honest and provide as much information as possible.
- Take your health into your hands! If you don't understand something, ask questions. You can also ask for brochures, videos and websites that are relevant to the issues you're discussing. If your doctor prescribes a new medication, changes the dose on one you're already taking, or develops a new treatment plan, make sure you understand why.
- Before you leave the doctor's office, make sure you know what your next steps are. If a follow-up visit is necessary, schedule it while you're there.
- If your doctor orders any lab work for you, find out if the lab is in the HealthSelect network. If not, ask if the doctor can use a different lab that is in the network.

After the Appointment

- Follow your doctor's instructions.
- Call if your symptoms get worse or you have side effects from your medications.

These recommendations are only helpful if you visit the doctor, so be sure to book your annual physical or wellness exam! If your doctor is in the HealthSelect network, most wellness exams are covered at 100%, even if you haven't met your deductible. Schedule your wellness exam today!

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