



Your healthcare starts with you

When it comes to keeping you and your family healthy, you are the most important member of your healthcare team. In fact, you can work to improve the care you receive by taking an active role.¹ These tips may help you take charge of your care and give you the ability to partner with a doctor you trust.

Find the right doctor for you¹

- Check the list of doctors in your plan network to make sure the services will be covered by your insurance.
- During an appointment, does your doctor seem knowledgeable, and listen to your questions and concerns? If not, you may want to find a doctor who is a better fit for you.
- If you don't have a primary care doctor, or would like to find a new one, ask friends, family, or health professionals you know if they can recommend someone.
- When you need a specialist, such as an OB-GYN or a cardiologist, ask your primary care doctor to recommend someone.

Understand your medicines²

- Make sure you understand why you need a medicine and how your doctor would like you to take it.
- Ask about possible side effects and what to do if you have them.
- Keep an up-to-date list of all the medicines you take, and go over them often with your doctors and pharmacist.

Be ready for appointments³

- Before each doctor's visit, write down the questions or concerns you'd like to discuss.
- You may also want to write down the symptoms you are experiencing and when they first started.
- Bring a list of all medicines, vitamins, and herbal supplements you're taking. If you've had tests done by other doctors, bring copies of those results, too.

Understand your healthcare benefits¹

- Review your insurance plan to understand what services and costs are covered, and what copays or deductibles you may need to pay.
- Find out what approvals you may need to receive in order for a service or procedure to be covered by your plan.

We're here to help you understand your benefits and find care.

Visit [anthem.com](https://www.anthem.com) or call the Member Services number on your ID Card.



¹ Office of Disease Prevention and Health Promotion: *Choosing a doctor: Quick tips* (accessed November 2020): health.gov/myhealthfinder/topics/doctor-visits/regular-checkups/choosing-doctor-quick-tips.
² Office of Disease Prevention and Health Promotion: *Use Medicines Safely* (accessed November 2020): health.gov/myhealthfinder/topics/everyday-healthy-living/safety/use-medicines-safely.
³ WebMD: *How to Work with Your Doctor* (accessed November 2020): [webmd.com](https://www.webmd.com).

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