





Getting ready for your first appointment

To make the most of your visit, gather some information about your health before you go. This can help both you and your doctor. Before your visit, write down:

- Your health history and your family's
- Any medicines you take, how much you take and how often (include vitamins and over-the-counter drugs)
- Concerns you have about your health

What to expect from a preventive care visit

Most preventive exams start with a talk about your health history and any problems. Then you'll discuss things like:

- Medicines you take
- Your current eating habits and how to improve them
- How active you are — and whether you should be more active
- Stress in your life or signs of depression
- Screenings, tests or vaccines you may need based on your age and gender

Finding a good fit

It may take time to find a doctor you feel comfortable with. That's OK! You want to "click" with your doctor since regular checkups can help find problems before they start or early on, when your chances for treatment are better.² If you're not happy with your first choice, you can usually change your primary care doctor anytime.



Need help?

We're happy to connect you with a doctor, just call the Member Services number on your ID card.