

Doctor Visits



Be prepared. Stay engaged. Live healthy.

Your annual doctor's appointment is one of the most important keys to maintaining or improving your health. Make the most of it by preparing with these easy tips:

Before Your Visit

- Keep a running log of all the questions you want to discuss
- Review all your medications and bring a list of the prescriptions you need to have refilled
- Identify the most important problem or issue you are experiencing

During Your Visit

- Report any new symptoms or issues you've noticed since your last visit, including any side effects from your prescriptions
- Review all the questions you wrote down ahead of time, and get clarification on anything you don't understand
- Request all medication refills you need from your doctor
- Discuss any new medications, therapy, or treatments that your doctor prescribes
- Review any preventive and disease-specific care that your case manager may have identified, if applicable
- Jot down your important numbers, including blood pressure, weight, and lab results, such as hemoglobin and cholesterol

After Your Visit

- Note any upcoming lab work, radiology tests, or new doctor appointments
- Write down any diagnoses and treatment plans
- For all treatments, including medications, write down how long you need to follow them and how they will help
- Schedule your next appointment and note the date
- Keep your doctor's office phone number handy
- Refill all prescriptions on time

[CapitalBlueCross.com](https://www.CapitalBlueCross.com)



The information provided is meant for a general audience. Capital Blue Cross and its affiliated companies believe this health education resource provides useful information but do not assume any liability associated with its use.

Healthcare benefit programs issued or administered by Capital Blue Cross and/or its subsidiaries, Capital Advantage Insurance Company*, Capital Advantage Assurance Company*, and Keystone Health Plan* Central. Independent licensees of the Blue Cross Blue Shield Association. Communications issued by Capital Blue Cross in its capacity as administrator of programs and provider relations for all companies.