WHEN YOU GO TO YOUR PREVENTIVE CARE APPOINTMENT

WHAT YOU GET AT YOUR PREVENTIVE CARE APPOINTMENT

Knowing what you need and when to get it is the basis of preventive care. The screening tests you need depend on your age, gender and risk factors. Your health care provider is always your best resource for determining if you’re at increased risk for a condition and require specific screenings or treatments.

WHAT QUESTIONS TO ASK

DURING THE EXAM:
• Ask questions about anything that seems unclear to you, such as the names and purposes of tests your health care provider may order.
• Ask if there are any changes since your last exam.
• Ask when it is best to call the health care provider with questions.
• Find out when you should return for your next exam.

WHEN A TEST OR SCREENING IS ORDERED, ASK:
• What is the name of the test/screening?
• What does the test/screening detect?
• How do you prepare for the test/screening? Are there any preparation instructions?
• Where will the test/screening be done?
• How long does the test/screening take?
• Will I need to arrange for someone to take me home after the test/screening?

LEARN TO BE YOUR OWN BEST ADVOCATE

Keep asking questions until you are comfortable and feel that your questions have been completely addressed. Verbalize any concerns or fears you have regarding the recommended tests/screenings.

BECOME AN EDUCATED HEALTH CARE CONSUMER

When you’re planning for your preventive care appointment, take advantage of the valuable tools available on your member website. Your member website can provide information on hundreds of topics that can help you discuss your concerns and improve communication between you and your health care provider. You can also print off forms to help you take notes and better understand care and treatment options recommended by your health care provider. If you do not have the form at the time of your visit, complete the form at home after the visit. You can choose from new medicine, medical test, surgery, special treatment and other information forms.