



# Tips for Your Doctor Visit

Be ready. Use this information to help get the most from your time with the doctor.

## Write it down

- Make a list of questions and your goals for the appointment.
- If you are seeing the doctor for a specific condition, make a list of your symptoms so you don't leave anything out.
- Keep a diary in the days leading up to your appointment to give the doctor a better idea of how you are feeling day to day.
- During the appointment, take notes about what the doctor tells you.
- Bring a list of any medications you take. Be sure to include over-the-counter items such as vitamins, supplements or herbal remedies.

## Ask questions

- If you don't understand something, ask for an explanation.
- If your doctor suggests a treatment, ask about possible side effects. And don't hesitate to ask about other options that might bring the same result, but are less expensive for you.
- For prescriptions, ask if a generic option is available.

## Save money: stay in the network

Pay less out of pocket when you go to a doctor in your network. Use Provider Finder® to find a doctor who meets your needs. Log in to Blue Access for Members<sup>SM</sup> at [bcbsil.com](http://bcbsil.com) and click the "Doctors & Hospitals" tab. You can even get treatment cost estimates for many services.



## Be truthful

- Don't be afraid or embarrassed to tell your doctor everything, even if it seems too personal or not important.
- It's vital that your doctor know your medical history – having plenty of information will help your doctor help you.

## Technology at the office

- Don't be surprised if your doctor is using a tablet, such as an iPad®, instead of a clipboard. Many health care professionals are using newer technology to update patient records, review test results and illustrate procedures for a patient.
- You may be asked to check in at a patient kiosk in the doctor's waiting room, similar to the technology used at airports.



## Don't forget your ID card

You can access or print a temporary card by logging in to your Blue Access for Members account and clicking "Get a Temporary ID Card."

## We're here to help

Regular checkups are an important part of maintaining your good health.

Blue Cross and Blue Shield of Illinois Customer Advocates are at your service for:

- questions about your benefits
- how to find a doctor in the network
- how to register for Blue Access for Members
- information about wellness programs

Just call the toll-free number on the back of your ID card.

[bcbsil.com](http://bcbsil.com)