



Healthwise

Stretch your healthcare dollars by becoming a better healthcare consumer

Do you know how to prepare for a doctor's visit? Did you know that an annual visit to your doctor may qualify as preventive care? Follow this information to help you be prepared for and get the most out of your doctor's visits.

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Make sure your doctor is in the network
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Know if your doctor visit is a preventive care exam or a diagnostic care exam
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Make a list of questions and any health changes to discuss with your doctor
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Write the names of your medications, vitamins and supplements on your list.
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Bring your list and your current member ID card with you.

Preventive Care vs. Diagnostic Care

Learn the difference between the two and what it means for you.

	When do you need it?	What is it?	Example	What does it cost?
Preventive Care 	You don't have signs of a problem or your doctor wants to make sure everything is ok.	Preventive care includes immunizations, lab tests, screenings and other services intended to prevent illness or detect problems before you notice any symptoms.	A person with no history of high blood pressure gets a routine blood pressure check to screen for high blood pressure.	For many plans, preventive care is covered 100% so you may not pay anything. Check your plan benefits to be sure.
Diagnostic Care 	You have symptoms and your doctor want to find the cause or your doctor wants to check on an ongoing problem.	Diagnostic medical care involves treating or diagnosing a problem you're having by monitoring existing problems, checking out new symptoms or following up on abnormal test results.	A person with risk factors for high blood pressure, like being overweight and smoking, visits the doctor because he or she has early morning headaches.	Depending on your plan you may pay a larger portion of the cost. Check your plan benefits if you have questions.

Use the tools on your medical provider's website to find a provider if you need one, and to estimate the cost of service.

Follow these tips to be a "Healthwise" consumer!