



Got Health Insurance



Start Using It!


Make 2019 the year you take charge of your health! Here are 5 Steps to get started.



Learn how to use your insurance card

Your insurance card has your I.D. number and other important information. You will need it when you go to:

- the doctor's office
- a lab for a medical test
- a drug store or pharmacy to get your prescription filled
- a hospital

	Insurance Company Name: _____
Plan Type: _____	Member Name: _____
	Member ID Number: _____
Prescription Co-Pay:	
Generic: \$ _____	Office Visit Co-Pay: \$ _____
Name _____	Emergency Room _____
Brand: \$ _____	Co-Pay: \$ _____

If you did not receive your insurance card yet and you need to go to the doctor, call your health plan first.

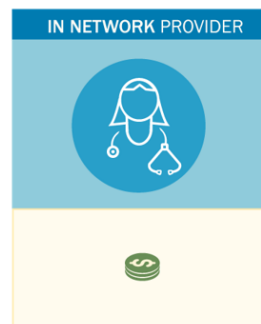


Choose a primary care provider who takes your insurance

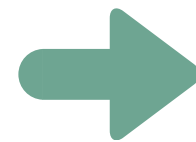
A Primary Care Provider or PCP is a doctor, physician assistant or nurse practitioner you can go to for check-ups and if you are sick.

It's important to find a Primary Care Provider you will feel comfortable with. For example, do you want a doctor who speaks your language? Ask people you trust for recommendations.

Make sure your Primary Care Provider is "in network" with your health plan.



If you go to a doctor who is "out of network", you may have to pay more - or all - of the doctor's bill yourself.



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Make an appointment to see your new Primary Care Provider right away

It's best to get to know your new doctor before you get sick. Call to make an appointment for a check-up. Ask if they take your insurance. Feel free to ask about their experience with patients with disabilities, LGBTQ people and people of different ethnic or racial groups. If you have any problems, call your health plan.



4

Be prepared for your first visit to your new Primary Care Provider

Write down any questions you may have ahead of time. Get ready to answer questions about your health and your family health history. Find out if anyone in your family has had diabetes, asthma, heart disease, stroke or cancer. It's okay to bring a friend or family member with you for support.

Doctor visit checklist

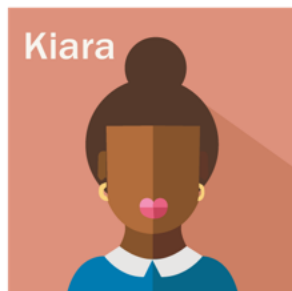
Bring these with you:

- Insurance card.
- A list of health goals and concerns to discuss with your primary care provider.
- A place for taking notes during the visit.
- Your family medical history.
- Packages or bottles of medication you are taking.
- Your calendar, in case you need to schedule other doctor appointments or tests.
- Optional: your health supporter, a person you trust to go with you to the doctor.

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Visit your Primary Care Provider and take follow up action

I have a question...



During your visit, don't be afraid to ask all the questions you have about your health. You have the right to feel comfortable and be treated with respect, no matter who you are. If you do not like this primary care provider, you can choose a different one. Call your health plan.

