

Tips for Visiting With Your Doctor

You play a big role in getting the best healthcare possible. Try these tips to make the most of each doctor visit.

Before you see the doctor

- ❑ **Verify if your doctor is in-network.** You can look up the physician on www.myuhc.com or call the physician's office to ask if they are in the UnitedHealthcare Choice network.
- ❑ **Make a list.** List all medications you take (including vitamins and over-the-counter drugs). Also make a list of questions that you want to ask your doctor.
- ❑ **Describe what is wrong.** If your visit is not a routine checkup, write down any symptoms you have.
- ❑ **Do your homework.** Visit www.caremark.com and print out the current preferred drug list to bring with you.
- ❑ **Have your UnitedHealthcare medical ID card available.** You will need to present it at the doctor's office so your coverage can be verified.

At the front desk

- ❑ **Provide your newest ID card at check-in.**
- ❑ **Talk about your HRA.** If you are in the Choice Saver medical plan option, inform the receptionist that you have a Healthcare Reimbursement Account (HRA) that pays toward the deductible. The doctor's office needs to file the claim to process payment from the HRA.

During your visit

- ❑ **Share.** Talk about your lifestyle, background and family history.
- ❑ **Ask about generics to save money.** If your doctor prescribes a brand-name medication, ask if a generic is available. If not, ask your doctor to prescribe a drug from the preferred drug list.
- ❑ **Bring a friend or family member along.** It may be helpful to have someone there to provide support and listen to your doctor's advice.
- ❑ **Speak up.** Make sure you understand why you are getting any medical tests or treatments.

After your visit

- ❑ **Listen to your doctor.** Follow all instructions, take the full course of prescriptions and be sure to report any unexpected side effects or new symptoms.
- ❑ **Save on prescriptions.** Fill your prescriptions at a CVS Caremark network pharmacy or the Children's outpatient pharmacy to save on your medications. Find a pharmacy by visiting www.caremark.com.