

NEXT STEPS

AFTER YOUR APPOINTMENT

- Follow your provider's instructions
- Fill any prescriptions you were given, and take them as directed
- Schedule a follow-up visit if you need one
- Review your explanation of benefits
- Pay your medical bills or make payment arrangements
- Contact your provider or health plan with any questions

Decide if Your Provider is Right for YOU

- Did you feel comfortable with the provider you saw?
- Were you able to communicate and understand your provider?
- Do you feel you and your provider could make good decisions together?

DETOUR →

REMEMBER:
It is okay to change to a different provider!



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ROAD MAP TO

HEALTH



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1

PUT YOUR HEALTH FIRST

- Staying healthy is important
- Maintain a healthy lifestyle
- Get your recommended health screenings and manage chronic conditions
- Keep all your health information in one place

YOU ARE HERE!
!

2

UNDERSTANDING YOUR HEALTH COVERAGE

- Check with your insurance plan to see what services are covered
- Be familiar with your costs (premiums, copays, deductibles, co-insurance)
- Know the difference between in-network and out-of-network



3

KNOW WHERE TO GO FOR CARE



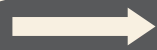
- Know the difference between primary care and emergency care
- Primary care is preferred when it's not an emergency
- Use the Emergency Room for life-threatening situations

4

FIND A PROVIDER



- Check your plan's list of providers
- Use your plan's website to compare
- Ask people you trust for recommendations



5

MAKE AN APPOINTMENT



- Mention if you are a new patient
- Ask if they take your insurance
- Tell them the name of the provider you want to see and why you want an appointment

6

BE PREPARED FOR YOUR VISIT



- Have your insurance card with you
- Know your family health history
- Bring a list of any medications you take
- Bring a list of questions to discuss

ROAD MAP TO

HEALTH

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1. Put your health first
2. Understand your health coverage
3. Know where to go for care
4. Find a provider
5. Make an appointment
6. Be prepared for your visit



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ABOUT WASHINGTON HEALTHPLANFINDER

Washington Healthplanfinder is the online place for people and small businesses to find, compare and sign up for qualified health insurance plans.