



Preparing for your visit with a new doctor

At your first appointment, you're required to have:

- A current health plan identification card
- A driver's license, or another form of photo identification

The following lists will help the doctor get to know you and learn about your health care needs. While sharing personal health issues can be embarrassing, the more information you give, the better equipped the doctor will be to keep you healthy.

Before the day of your appointment, write down this information to bring with you:

- The names of your prescriptions, over-the-counter medication and vitamins. You may also bring them with you
- Your health history, including chronic conditions and illnesses and previous surgeries
- The names and phone numbers of any specialty doctors

With your written permission, your doctor can get a copy of your medical records from your previous doctor. The physician's office will provide the forms for you to sign.

It's often hard to remember what you want to ask the doctor. Here's a list of questions to get you started:

- What's the best way to contact you when I have a question?
- What's the best way to get a prescription refilled?
- How far in advance will I need to call for an appointment?
- Where should I go if I need urgent or emergency care?

Want to know what your health plan covers before your appointment? Send me an email (george@gbeachinsurance.com) and I will review your policy with you. You can even text me at 209-353-2330.