

Making My Office Visit Count

IT'S ALL PART OF MY PLAN.

Your health is important, and Wellcare Prime by Absolute Total Care (Medicare-Medicaid Plan) wants to help you get the most out of your visit to your primary care provider (PCP).

The checklists below include suggestions of what you can do before, during, and after your PCP visit. Use the worksheet on the back to help you prepare for your appointment and to write notes during your visit. Take charge of your health by asking questions and sharing information so your PCP can help you receive the best possible care.

Use these checklists before, during and after your PCP visit:



**Plan ahead
for visits with
your doctor!**



Before Your Visit

- Call to confirm your appointment and to make sure your doctor is part of Wellcare Prime.
- Fill out the worksheet on the back and include any questions you want to ask during your visit.
- Write down any health issues you've noticed, like changes in your weight, sleep, or mood.



During Your Visit

- Use your worksheet to help you fill out any office paperwork.
- Ask questions about your blood pressure or weight.
- Check about scheduling tests for blood sugar or cholesterol.
- Take notes about any important information you want to remember, like instructions, prescriptions, or referrals.



After Your Visit

- Schedule any follow-up appointments and your next wellness visit.
- Check on test results.
- Pick up any prescriptions.

Office Visit Worksheet



Complete This Section BEFORE Your Appointment

Doctor's name: _____ Date of visit: _____

List all medications you are currently taking, including over-the-counter medications and supplements. If you need more room, make a separate list and bring it with you.

Medication:	Dose (milligrams):	Time of day taken:
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Do you have any health concerns you want to talk about? _____

Have there been any changes in your family since your last visit?

- Move Job change Marital status (marriage, separation, or divorce)
 Death in the family Other (describe)



Fill This Out DURING Your Appointment

Topics to discuss with your doctor:

Everyone: Ask about where to get a flu shot in the fall. Find out about any tests or screenings for blood sugar and cholesterol.

Smokers: Consider talking about quitting and programs available.

Women: Ask about a well-woman exam and breast cancer screening.

Men: Ask about a prostate exam.

Prescriptions from your doctor:

Drug: _____

Is there a generic alternative? _____ Dosage: _____

Instructions: _____

Referrals from your doctor:

Lab: _____ Specialist: _____

Imaging: _____

Notes from your doctor visit: _____



Know Your Numbers

Take charge of your health by knowing these important numbers and what they mean.

What is my blood pressure? _____
(Goal: <140/90)

What is my body mass index (BMI)? _____
(Goal: <25)

What is my blood sugar? _____
(Goal for non-diabetic fasting: <100)

What is my total cholesterol? _____
(Goal: total <200)



Follow Up AFTER Your Appointment

Next appointment date is: _____

Next annual wellness visit date is: _____

Call back on this date for test results: _____

Pick up these prescriptions: _____

If you have any questions please call Member Services at **1-855-735-4398** (TTY: **711**). Hours are 8 a.m. to 8 p.m., Monday through Friday. After hours, on weekends and on federal holidays, you may be asked to leave a message. Your call will be returned within the next business day.

Wellcare Prime by Absolute Total (Medicare-Medicaid Plan) is a health plan that contracts with both Medicare and South Carolina Healthy Connections Medicaid to provide benefits of both programs to enrollees.

ATENCIÓN: Si habla español, tiene disponible sin cargo servicios de asistencia en idiomas. Llame al **1-855-735-4398** (TTY: **711**) de lunes a viernes, de 8:00 a. m. a 8:00 p. m. Fuera del horario laboral, los fines de semana y los feriados nacionales, es posible que le pidan que deje un mensaje. Nos comunicaremos el siguiente día laboral. La llamada es gratuita.