



My Health Conversations:

Preparing for My Medical Appointment

Name: _____

Phone: _____

As your health care plan, CareSource wants to make sure you have all the information you need. We have prepared a health guide for you to use during your appointment. Use this guide to get the most out of your medical appointments. It will help you to prepare for your medical visit and keep track of your health so that you and your medical team stay informed.



Wellness and Prevention

Open discussions with your provider are important to prevent and manage medical conditions.

To help you have an informative and productive visit with your provider, be ready to ask questions. We've provided a few topics that may be important for you to cover with your provider.

- Are there any preventive screenings that I need?
- Do I need any laboratory tests?
- Why are these tests important?
- When will I get the results of any testing?
- How will I learn about the test results?
- Can I use MyChart or a patient portal to get my test results?
How do I enroll?
- Where can I go after hours or for urgent needs?
- Do you offer telehealth services?
- Tell your doctor about any other providers, clinics, or specialists you may have seen since your last visit.
- Share health goals and challenges with your provider on what matters most.

Have questions?

Use the section below to fill out questions for your provider.
Fill in the answer during your visit.

Question _____

Answer _____

Question _____

Answer _____

Question _____

Answer _____

Question _____

Answer _____

Question _____

Answer _____





Not sure which preventive screenings you need? Ask your provider. Use the below list of screenings to start your discussion.

- Breast Cancer Screening
- Colorectal Cancer Screening
- Diabetic Testing (Retinal Eye Exam, A1c Test, Kidney screening)
- Immunizations and vaccines (e.g., Annual Flu Shot)
- And others



Being prepared with a list of all your medications is key to a successful visit. Be sure to note:

- All prescription drugs
- Any over-the-counter medications
- Vitamins and supplements

Use the space below to record each medication.

[illegible]

Need Help? Just Ask.

Remember, we're here to help. Your Care Manager or Member Services representative can assist you in finding other resources that help you stay on track:

- MYidealDOCTOR® (Virtual doctor visit over the phone or online)
- CareSource24® (24-Hour Nurse Advice Line)
- Silver&Fit® Fitness Program
- myStrengthSM Online Mental Health Tool
- And more

Use the space below to jot down your Care Manager's name and phone number.

Name: _____

Phone: _____

You can reach Member Services at 1-844-607-2827 (TTY: 711)
with any questions you may have. We are open 8 a.m. to 8 p.m.
Monday through Friday, and from October 1 through March 31, we
are open the same hours, seven days a week.

Notes

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