

## GETTING THE MOST FROM YOUR PLAN

There are many ways to get the most from your health plan, starting with your doctor visits.

MetroPlusHealth covers doctor and specialist visits. You are covered in the office and when you use telehealth.

Be sure to set up your regular visits, starting with your annual wellness visit this year.

Here is a checklist to consider for your wellness visit.

### ✓ DOCTOR VISIT CHECKLIST

**Think about how you feel:**

- What does not feel right? For how long?
- Is it getting worse, better, or the same?
- Things that may make it worse: Stress? Movement? Lack of sleep?
- What things have you done to help? Did they work?
- Are there any other questions about how you feel?

**Note the tests you completed.**

- Did you get the results?
- Do you have questions?

**If you need more visits or tests:**

- Ask for a list
- Find out how to get results and be told if they are not normal
- Set a time to come back and pick a good time for you

Use a list when you see the doctor. We promise you will get the most from your visit!

**Your Friends at MetroPlusHealth**