

HEALTH ADVOCACY TIPS

MEDICAL CALENDAR

Create an annual health plan for you and your family:

- Physical with primary care provider
- Dentist (twice a year)
- Vision
- Women's health
- Vaccines
- Specialty medical needs
- Medications refills & authorizations

INSURANCE

- Sign up for your plan's portal
- Know the plan's limits - who? what? when? where?
- Crunch the numbers:
 - out-of-pocket max
 - premium
 - deductible
 - co-pay
 - co-insurance
- Review the plan's network to choose your medical providers

MEDICAL RECORDS

- Sign up for all portals (doctor office, hospital system, etc.)
- Review visit summaries and compare to your notes
- Obtain full record of procedures, surgeries, or other important evaluations and treatments
- Create a Care Notebook for individuals with chronic conditions, regardless of age or severity

PREPARE FOR VISITS

- Use an appointment planner
- Bring a support person
- Practice a 30-second answer to the question "what brings you in today?"
- Don't leave the office confused or unclear about what took place and what comes next

Your provider works under serious health system constraints and doesn't like it any more than you do. Acknowledging you are in the same boat can go a long way!

RESOURCES

- Appointment planner/worksheet
- Guide to cheaper medications
- Tips on interviewing providers
- Questions to ask during visit
- Involving children and teens in their care ("transition")

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