



DO YOUR HOMEWORK

BEING READY Before your appointment, you should have a list of questions written down to address with your doctor. Start writing down the important things you want to ask in the weeks leading up to your appointment. This is a homework assignment that pays off in the end.

BEING PREPARED Keep all family medical and health care professional information in one place where it's easy for everyone to access. Being prepared can mean saving money and time in an emergency.

BEING A STUDENT OF YOUR PLAN Read your plan documents when you receive them. You may be surprised to see how much valuable information is in there! Study the information about health care professionals in your network before you need to see one of them.

When the time comes, you'll be glad you did your homework!

**IT'S YOUR HEALTH,
STAY IN THE DRIVER'S SEAT.®**



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