


MAKING MY OFFICE VISIT COUNT

It's all part of my plan.

Your health is important, and Allwell from Absolute Total Care 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.



Plan ahead
for visits with
your doctor!

Use the checklists below before, during, and after your PCP visit:



Before Your Visit

- Call to confirm your appointment and to make sure your doctor is part of Allwell from Absolute Total Care.
- 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: _____



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: _____



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) _____

<Allwell is contracted with Medicare for HMO, HMO SNP and PPO plans, and with some state Medicaid programs. Enrollment in Allwell depends on contract renewal.>

<*From October 1 to March 31, you can call us 7 days a week from 8 a.m. to 8 p.m. From April 1 to September 30, you can call us Monday through Friday from 8 a.m. to 8 p.m. A messaging system is used after hours, weekends, and on federal holidays.>

Section 1557 Non-Discrimination Language Notice of Non-Discrimination

Allwell complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Allwell:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, other formats).
- Provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you need these services, contact Allwell's Member Services at: 1-855-766-1497, (TTY: 711). From October 1 to March 31, you can call us 7 days a week from 8 a.m. to 8 p.m. From April 1 to September 30, you can call us Monday through Friday from 8 a.m. to 8 p.m. A messaging system is used after hours, weekends, and on federal holidays.

If you believe that Allwell has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance by calling the number above and telling them you need help filing a grievance; Allwell's Member Services is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW, Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019 (TDD: 1-800-537-7697).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Medicare Plan: 1-855-766-1497 (TTY: 711)

Medicaid Plan: 1-866-433-6041 (TTY: 711)

English: Language assistance services, auxiliary aids and services, and other alternative formats are available to you free of charge. To obtain this, please call the number above.

Español (Spanish): Servicios de asistencia de idiomas, ayudas y servicios auxiliares, y otros formatos alternativos están disponibles para usted sin ningún costo. Para obtener esto, llame al número de arriba.

简体中文(**Chinese**): 可以免费为您提供语言协助服务、辅助用具和服务以及其他格式。如有需要, 请拨打上述电话号码。

Tiếng Việt: (Vietnamese) Các dịch vụ trợ giúp ngôn ngữ, các trợ cụ và dịch vụ phụ thuộc, và các dạng thức thay thế khác hiện có miễn phí cho quý vị. Để có được những điều này, xin gọi số điện thoại nêu trên.

Русский язык (Russian): Вам могут быть бесплатно предоставлены услуги по переводу, вспомогательные средства и услуги, а также материалы в других, альтернативных, форматах. Чтобы получить их, позвоните, пожалуйста, по указанному выше номеру телефона.

日本語 (**Japanese**): 言語支援サービス、補助器具と補助サービス、その他のオプション形式を無料でご利用いただけます。ご利用をお考えの方は、上記の番号にお電話ください。

한국어(**Korean**): 언어 지원 서비스, 보조적 지원 및 서비스, 기타 형식의 자료를 무료로 이용하실 수 있습니다. 이용을 원하시면 상기 전화번호로 연락해 주십시오.

Tagalog (Tagalog): Mayroon kang makukuhang libreng tulong sa wika, auxiliary aids at mga serbisyo, at iba pang mga alternatibong format. Upang makuha ito, mangyaring tawagan ang numerong nakasulat sa itaas.

العربية (**Arabic**): خدمات المساعدة اللغوية والمعينات والخدمات الإضافية وغيرها من الأشكال البديلة متاحة لك مجاناً. للحصول عليها، يرجى الاتصال بالرقم أعلاه.

Français (French) : des services gratuits d'assistance linguistique, ainsi que des services d'assistance supplémentaires et d'autres formats sont à votre disposition. Pour y accéder, veuillez appeler le numéro ci-dessus.

Deutsch (German): Sprachunterstützung, Hilfen und Dienste für Hörbehinderte und Gehörlose sowie weitere alternative Formate werden Ihnen kostenlos zur Verfügung gestellt. Um eines dieser Serviceangebote zu nutzen, wählen Sie die o. a. Rufnummer.

ગુજરાતી (**Gujarati**): ભાષા સહાય સેવાઓ, સહાયક સાધનો અને સેવાઓ, અને અન્ય વૈકલ્પિક ફોર્મેટ્સ તમારા માટે મફત ઉપલબ્ધ છે. આ મેળવવા માટે, કૃપા કરીને ઉપર નંબર પર કોલ કરો.

Українська мова (Ukrainian): Вам можуть бути безкоштовно надані послуги з перекладу, допоміжні засоби та послуги, а також матеріали в інших, альтернативних, форматах. Щоб одержати їх, зателефонуйте, будь ласка, за номером телефону, який зазначений вище.

हिन्दी (Hindi): भाषा सहायता सेवाएं, सहायक उपकरण और सेवाएं, और अन्य वैकल्पिक प्रारूप आपके लिए निःशुल्क उपलब्ध हैं। इन्हें प्राप्त करने के लिए, कृपया उपरोक्त नंबर पर कॉल करें।

ខ្មែរ (**Mon-Khmer, Cambodian**): សេវាកម្មជំនួយភាសា ជំនួយជំនួសនិងសេវាកម្មនានា និងទម្រង់ផ្សេងៗទៀត ដែលលោកអ្នកអាចរកបានដោយឥតគិតថ្លៃ។

ដើម្បីទទួលបានព័ត៌មាននេះ សូមហៅទូរស័ព្ទតាមលេខខាងលើ។

Português (Portuguese): Serviços de assistência linguística, ajudas e serviços auxiliares e outros formatos alternativos estão disponíveis gratuitamente para você. Para os obter, ligue para o número indicado acima.