

How to Make the Most of Your *Doctor Visits*

Available online at
www.DALRCBenefitPlans.com

Patients may have just minutes with their doctor to get the information they need. Knowing what to ask — and where to get clear information on your own — is critical to getting the most out of your healthcare.

Health Advocate, the nation's leading independent healthcare advocacy and assistance company, is a benefit provided to you as a DALRC Retiree Benefit Trust Medical Plan Member.

Health Advocate offers the following important tips on how you can make the most of your doctor visits.

7 Ways to be a Savvy Patient

- 1. Shop for doctors who meet your needs.** Seek a physician who knows about your condition and views patients as team members in care.
- 2. Put together a Personal Health Record (PHR) to share with your doctor.** You may avoid unnecessary tests, misdiagnoses and medication mix-ups.
- 3. Bring a list.** Pose important questions up front.
- 4. Bring along a friend or family member.** They can take notes and speak up on your behalf. Make sure you clearly understand what the doctor says.
- 5. Don't hold back about your symptoms.** The more you share, the better your doctor can care for you.
- 6. Get the low-down about tests.** Ask your doctor about expected results, how to prepare, any side effects and when you will get the results.
- 7. Ask about non-drug treatments.** A healthy diet for example, can be an effective way to lower high blood pressure, the leading cause of doctor visits.


Contact your Personal Health Advocate to help you prepare for your doctor visit, or as a resource afterward to help you better understand your diagnosis, test results, or treatment plan.

Health Advocate Can Help You...

Health Advocate offers you unlimited access to your own Personal Health Advocate (PHA), typically a registered nurse, backed by medical directors and benefits and claims specialists. Your PHA can help you navigate the healthcare maze in the following ways:

- Find the best doctors, specialists and other providers
- Clarify health coverage and doctor's instructions
- Prepare questions for doctor visits
- Provide cost estimates for common medical procedures
- Locate leading doctors for second opinions
- Help untangle medical bills

Contact Health Advocate Any Time

 **Call: 1.877. 325.7265 toll-free and Press "1" for Health Advocate.**

 **Email: answers@HealthAdvocate.com
Web: www.HealthAdvocate.com/members**

Health Advocate's normal business hours are 8 a.m. to 9 p.m. Eastern Standard Time, Monday through Friday. After hours and during weekends, the Health Advocate staff is available for assistance with issues that need to be addressed during non-business hours.

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