7

NEXT STEPS AFTER YOUR APPOINTMENT

- Follow your provider's instructions
- Fill any prescriptions you were given, and take them as directed
- Schedule a follow-up visit if you need one
- Review your explaintion of benefits
- Pay your medical bills
- Contact your provider or health plan with any questions

8

Decide if your provider is right for you

- Did you feel comfortable with the provider you saw?
- Were you able to communicate and understand your provider?
- Do you feel you and your provider could make good decisions together?

DETOUR

REMEMBER:
It is okay to change to a different provider!

WAHealthplanfinder.org

1-855-WAFINDER
1-855-923-4633

customersupport@wahbexchange.org

ROAD MAP TO

HEALTH

1. PUT YOUR HEALTH FIRST

- Staying healthy is important
- Maintain a healthy lifestyle
- Get your recommended health screenings and manage chronic conditions
- Keep all your health information in one place

YOU ARE HERE!

2. UNDERSTANDING YOUR HEALTH COVERAGE

- Check with your insurance plan to see what services are covered
- Be familiar with your costs (premiums, copays, deductibes, co-insurance)
- Know the difference between in-network and out-of-network

3. KNOW WHERE TO GO FOR CARE

- Know the difference between primary care and emergency care
- Primary care is preferred when it is not an emergency
- Use the Emergency Room for life-threatening situations

4. FIND A PROVIDER

- Check your plan's list of providers
- Do research on the internet
- Ask people you trust

5. MAKE AN APPOINTMENT

- Mention if you are a new patient
- Ask if they take your insurance
- Tell them the name of the provider you want to see and why you want an appointment

6. BE PREPARED FOR YOUR VISIT

- Have your insurance card with you
- Know your family's health history
- Bring a list of any medications you take
- Bring list of questions to discuss

ROAD MAP TO HEALTH

ABOUT WASHINGTON HEALTHPLANFINDER

1-855-WAFINDER   1-855-923-4633

Washington Healthplanfinder is the online place for people and small businesses to find, compare and sign up for qualified health insurance plans.

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COVERAGE INFO ON THE GO
USE OUR MOBILE APP TO FIND IN-PERSON HELP NEARBY