



MAKING MY OFFICE VISIT COUNT

It's all part of my plan.

Your health is important, and Ambetter 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 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

- Call to confirm your appointment and to make sure your doctor is part of Ambetter 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

- 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

- Schedule any follow-up appointments and your next wellness visit.
- Check on test results.
- Pick up any prescriptions.

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1-833-270-5443 (TTY: 711)
 Ambetter.AbsoluteTotalCare.com
 AMB19-SC-M-01282019-1

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 screenings for blood sugar and cholesterol.

Smokers: Consider talking about quitting and programs available.

Women: Ask about a well-woman exam, family planning, and breast cancer screening.

Men: Ask about a prostate exam and family planning.

Prescriptions from your doctor:

Drug: _____

Is there a generic alternative? _____) osage: _____

Instructions: _____

Referrals from your doctor:

Lab: _____ Specialist: _____

Imaging: _____

Notes from your doctor visit: _____



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) _____



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: _____

Statement of Non-Discrimination

Ambetter from Absolute Total Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Ambetter from Absolute Total Care does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Ambetter from Absolute Total Care:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - 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
 - Information written in other languages

If you need these services, contact Ambetter from Absolute Total Care at 1-833-270-5443 (Relay 711).

If you believe that Ambetter from Absolute Total Care 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 with: Ambetter from Absolute Total Care, ATTN: Ambetter Grievances and Appeals Department, 12515-8 Research Blvd, Suite 400, Austin, TX 78759, 1-833-270-5443 (Relay 711), Fax: 1-833-886-7956. You can file a grievance by mail or fax. If you need help filing a grievance, Ambetter from Absolute Total Care 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, 800-537-7697 (TDD).

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



FROM



Spanish:	Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Ambetter from Absolute Total Care, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-833-270-5443 (Relay 711).
Chinese:	如果您，或是您正在協助的對象，有關於Ambetter from Absolute Total Care,方面的問題，您有權利免費以您的母語得到幫助和訊息。如果要與一位翻譯員講話，請撥電話1-833-270-5443 (Relay 711)。
Vietnamese:	Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Ambetter from Absolute Total Care, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-833-270-5443 (Relay 711).
Korean:	만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 Ambetter from Absolute Total Care,에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 1-833-270-5443 (Relay 711). 로 전화하십시오.
French:	Si vous-même ou une personne que vous aidez avez des questions à propos Ambetter from Absolute Total Care, vous avez le droit de bénéficier gratuitement d'aide et d'informations dans votre langue. Pour parler à un interprète, appelez le 1-833-270-5443 (Relay 711).
Tagalog:	Kung ikaw, o ang iyong tinutulangan, ay may mga katanungan tungkol sa Ambetter from Absolute Total Care, may karapatan ka na makakuha nang tulong at impormasyon sa iyong wika ng walang gastos. Upang makausap ang isang tagasalin, tumawag sa 1-833-270-5443 (Relay 711).
Russian:	В случае возникновения у вас или у лица, которому вы помогаете, каких-либо вопросов о программе страхования Ambetter from Absolute Total Care, вы имеете право получить бесплатную помощь и информацию на своем родном языке. Чтобы поговорить с переводчиком, позвоните по телефону 1-833-270-5443 (Relay 711).
German:	Falls Sie oder jemand, dem Sie helfen, Fragen zu Ambetter from Absolute Total Care, hat, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 1-833-270-5443 (Relay 711).an.
Gujarati:	જે તમને અથવા તમે જેમની મદદ કરી રહ્યા હોય તેમને, Ambetter from Absolute Total Care, વિશે કોઈ પૂછ્યું હોય તો તમને, કોઈ ખર્ચ વિના તમારી ભાષામાં મદદ અને માહિતી પ્રાપ્ત કરવાનો અધિકાર છે. દુભાષિયા સાથે વાત કરવા માટે 1-833-270-5443 (Relay 711) ઉપર કોલ કરો.
Arabic:	إذا كان لديك أو لدى شخص تساعد أسئلة حول Ambetter from Absolute Total Care، لديك الحق في الحصول على المساعدة والمعلومات الضرورية بلغتك من دون أية تكلفة. للتحدث مع مترجم اتصل بـ 1-833-270-5443 (Relay 711).
Portuguese:	Se você, ou alguém a quem você está ajudando, tem perguntas sobre o Ambetter from Absolute Total Care, você tem o direito de obter ajuda e informação em seu idioma e sem custos. Para falar com um intérprete, ligue para 1-833-270-5443 (Relay 711).
Japanese:	Ambetter from Absolute Total Care, について何かご質問がございましたらご連絡ください。ご希望の言語によるサポートや情報を無料でご提供いたします。通訳が必要な場合は、1-833-270-5443 (Relay 711) までお電話ください。
Ukrainian:	В разі виникнення у вас або особи, якій ви допомагаєте, будь-яких запитань щодо програми страхування Ambetter from Absolute Total Care ви маєте право отримати безкоштовну допомогу та інформацію на своїй рідній мові. Щоб поговорити з перекладачем, зателефонуйте за номером 1-833-270-5443 (Relay 711).
Hindi:	आप या जिसकी आप मदद कर रहे हैं उनके, Ambetter from Absolute Total Care, के बारे में कोई सवाल हों, तो आपको बिना किसी खर्च के अपनी भाषा में मदद और जानकारी प्राप्त करने का अधिकार है। किसी दुभाषिये से बात करने के लिए 1-833-270-5443 (Relay 711) पर कॉल करें।
Mon-Khmer, Cambodian:	ប្រសិនបើលោកអ្នកឬ នរណាម្នាក់ដែលអ្នកកំពុងតែជួយមានបញ្ហាអំពី Ambetter from Absolute Total Care អ្នកមានសិទ្ធិទទួលបានជំនួយសេរី ព័ត៌មានឯកសារលោកអ្នកដោយឥតគិតថ្លៃ។ សូមទូរស័ព្ទទៅកាន់អ្នកបកប្រែភាសាលេខ 1-833-270-5443 (Relay 711)