Road Map to

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?

Decide If Your Provider is Right for You

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

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 explanation of benefits.
Contact your provider or health plan with any questions.

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Washington Healthplanfinder
1-855-WAFINDER
1-855-923-4633
info@wahbexchange.org
WAHealthplanfinder.org
Facebook.com/WAHealthplanfinder
@WAPlanfinder
P.O. Box 946
Olympia, WA 98507

Next Steps

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1. Put your health first
2. Understand your health coverage
3. Know where to go for care
4. Find a provider
5. Make an appointment
6. Be prepared for your visit

**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

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

**KNOW WHERE TO GO FOR CARE**
- Know the difference between primary care and emergency care
- Primary care is preferred when it’s not an emergency
- Use the Emergency Room for life-threatening situations

**FIND A PROVIDER**
- Check your plan’s list of providers
- Do research on the internet
- Ask people you trust

**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

**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 a list of questions to discuss

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