

You got covered. Now what?



Easy Steps to Get the Care Your Plan Provides

Get Carded: Your insurance provider will send you a card that includes your policy number, group number and important contact information. Keep this card and take it with you to health visits. Health care providers will ask to see it.

Find Care: If you don't have a primary care provider, find a doctor who accepts your insurance. Your insurance company can give you a list of health providers in your area that accept your insurance. If you already have a doctor, make sure he or she is on the list.

Get Checked: Make an appointment for a yearly wellness checkup. Make sure the office knows if you are a new patient and what insurance you have.

What to Take to Your Appointment

- Photo I.D.
- Health insurance card
- Complete list of your medications, including how much you take of each and how often.
- At the first visit, also take your family medical history. The doctor will ask about it.
- Any questions you have for the doctor. Write them down so you don't forget.

When you signed up for health insurance coverage, you took an important step to protect your and your family's health and peace of mind. Insurance protects you and your family against high medical costs if you are sick or get hurt.

Along with coverage come benefits including no-cost preventive care, prescription drugs, mental health and emergency services, and maternity care.

What to Expect at a Checkup Appointment

Your health provider will check your height, weight, blood pressure and temperature, screen you for diseases like diabetes and cancer and risk factors for heart disease. You'll also get any vaccines you need. With regular checkups, it's easier to find health issues early and to create a record for future visits.

Help Yourself Stay Healthy

After your appointment, fill any prescriptions your doctor gave you and schedule recommended follow-up appointments. If you get sick or injured during the year, you can make an appointment to get checked out. You may be charged a co-pay for these visits. (Depending on your income, there may be a cap on your co-pays through the Marketplace.) Find out how your doctor's office handles after-hours or weekend calls (for example, some have a nurse available to help you make the best care decision when a problem comes up and the doctor's office is closed).

Keep Your Insurance Active

Make sure to pay your insurance premium on time every month. It works like your utility bills – If you don't pay your premiums, your coverage will be cancelled, and you will have to re-apply.

Plan for a Healthy Future

Now that you have affordable health coverage, you can think of your doctor's office as your "medical home" – the first place you turn for health care or advice about a health problem. For many people, having coverage means that, for the first time, they have the peace of mind to think outside the "Emergency Room box." With access to preventive care and early treatment, they can get the doctor's help in setting health goals and making plans to achieve them. That insurance card in your pocket can be your ticket to a healthier future – but only if you use it!