Preparing for your first appointment

Before your first visit with your doctor or primary care physician, you’ll want to make sure you have everything you need to keep them informed.

Please bring the following information to your first appointment:

☐ Any insurance cards for current coverage
☐ Your driver’s license or another valid photo ID
☐ A list of any prescription medications and vitamins you’re currently taking
☐ A copy of your medical records from your previous doctor or primary care physician; if you don’t have these, you can ask your previous doctor to send them
☐ Your health history, including chronic conditions and illnesses and previous surgeries
☐ A list of specialists you see
☐ A list of questions you’d like to ask, such as:
  ☐ How should I contact you when I have a question?
  ☐ Do you have an email address?
  ☐ What’s the best way to get a prescription refilled?
  ☐ How far in advance will I need to make an appointment?
  ☐ Where should I go if I need urgent or emergency care?

Want to know what your health plan covers before your appointment? Log in to your account at bcbsm.com to check your plan documents. If you’re a Blue Care Network HMO member, you can also check your member handbook.