



Your doctor is happy
to talk to you



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Health and wellness
or prevention information

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Managing your health takes teamwork



Your doctor wants to talk about these preventive services you may need:
Blood pressure check or diabetic A1c screening

At your next doctor appointment, ask any of the below questions that apply to your health.

- Should I get a COVID-19 vaccine and a flu shot? What are the benefits of getting both shots?
 - Am I at risk for falling or fall-related injuries? Is there anything I can do to prevent falling?
 - Why is it important to keep checking my blood pressure?
 - After getting lab work or X-rays, how do I get my results?
 - Who can I call if I need assistance getting an appointment with you or a specialist quickly?
 - Is it okay to start, maintain or increase my exercise?
 - What can I do to prevent occasional urine leakage?
 - What can I do if I'm struggling to take my medications as prescribed or to pay for them?
- Visit www.bcbsm.com/medicare/help/understanding-plans/pharmacy-prescription-drugs.html for more information.



Remember to schedule your doctor appointment.

Need a doctor? Visit www.bcbsm.com/medicare and click on:

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