



DOCTOR VISITS

Your Rx for good health

Good health doesn't depend solely on good genes. It also depends on your everyday choices and actions. And one choice that can have a long-lasting, positive effect on your health is establishing a relationship with your physician.

Get screened If you're like most people, you're busy and overwhelmed with information. But it's important to take time to see your doctor for guidance on which health screenings and vaccines you may need—and when you should get them.

Don't put it off It's not uncommon for men to put off going to the doctor, even when they're experiencing pain or discomfort. But doing so could eventually damage your health. Although it certainly can be stressful or embarrassing to tell your doctor about

your symptoms, it may be easier for you to discuss them now rather than later. Remember that your doctor has already heard it all. And if the doctor does diagnose you with a medical condition that requires attention, early treatment often is less painful and costly—and more effective—than waiting until the condition worsens.

Prepare for appointments

Before your doctor visit, make a list of questions. If your doctor says something you don't understand, ask for clarification. If you have lingering questions after your appointment or lab test, call the doctor's office and ask to speak to the nurse, who will relay your questions to the doctor.

Bring a list of any over-the-counter and prescription medications, vitamins, and herbal supplements you take, along with the dosage and

frequency. It's also a good idea to write down a brief medical history of your parents, siblings, and grandparents.

BCBSNM has online resources that can be helpful before your appointment. At bcbsnm.com, log in to *Blue Access® for Members*, select *Personal Health Manager¹*, and use the *Interactive Symptom Checker* to point and click your way to an initial diagnosis. Or select *Research* and search the *Healthwise® Knowledgebase²*.

Seeing your physician for routine visits and health concerns is vital to your good health. Do it not only for yourself but also for your loved ones.

¹Personal Health Manager may not be available to members whose employers have chosen another medical management program. Check with your group benefits administrator, call Customer Service at the number on the back of your ID card, or e-mail Customer Service by going to bcbsnm.com and selecting *Contact Us*.

²The relationship between BCBSNM and Healthwise is that of independent contractors.



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