

# Getting Ready for My Appointment

Being prepared for your appointment is important to getting the care you need. Use this checklist from Horizon Blue Cross Blue Shield of New Jersey as a tool to help you get ready for your next appointment:

- Confirm the participation status of the doctor, health care professional, lab or hospital when making the appointment.

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- Know your medical history, including surgeries and any chronic illnesses that your family members may have.

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- Know your allergies or bad reactions to medicines, immunizations, food and seasonal irritants.

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- Write down your medicines, including prescriptions, over-the-counter, herbal and vitamins.

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- Have a list of other doctors you have recently seen.

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- Make a list of tests and their results ordered by your other doctors, if applicable.

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- Have a list of your symptoms or concerns. Explain in detail, how bad and how long you have felt that way, including anything that makes it better or worse.

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- Have your member ID card and photo ID.

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- Bring your referral, prescription or prior authorization, if required.

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- Have paper and pen to take notes, and write down your questions.

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- Ask a friend or family member to go with you if you need help or support.

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# 5 Key Questions to Ask

Two-way communication between you and your doctor is key to your health.  
Here is a list of some of the questions you should always ask:

1. What tests do I need? Ask your doctor to find a participating facility.

Notes: \_\_\_\_\_  
\_\_\_\_\_

2. When can I expect to hear from you about the results of my tests?

Notes: \_\_\_\_\_  
\_\_\_\_\_

3. Will this medicine cause any side effects?

Notes: \_\_\_\_\_  
\_\_\_\_\_

4. Why do I need this test or medicine, and do I need a referral or prior authorization?

Notes: \_\_\_\_\_  
\_\_\_\_\_

5. Should I schedule a follow-up appointment?

Notes: \_\_\_\_\_  
\_\_\_\_\_

And remember to ask questions or have the doctor repeat the information if you don't understand something.

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**Spanish (Español):** Para ayuda en español, llame al **1-800-355-BLUE (2583)**.

**Chinese (中文):** 如需中文協助，請致電 **1-800-355-BLUE (2583)**。