

Fact: It never hurts to ask.



Learn about your
health care **options.**



Your health care dollars ... *and sense*
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Wise use of health care keeps costs down for everyone.

- Choose a primary care physician to coordinate your care, and take time to build a good relationship with your doctor.
- When you talk with your doctor, ask the following questions:
 - Is a surgery or medication necessary, or are there other options to try?
 - Can a change in diet or exercise help my condition?
 - Can my tests or surgery be done on an outpatient basis?
 - What other treatments are available?
- Prepare for each doctor's office appointment. Be ready to share information about your symptoms and all the medications you are taking.
- After the visit, take responsibility for your care. Follow through with the recommended treatment and take all medications as directed for as long as required.
- Avoid unnecessary hospitalizations, tests or treatment. Consider outpatient services and less expensive alternatives.
- Visit the emergency room only for true emergencies. If you aren't sure, ask your doctor.