

Making the most of doctor appointments

Going to the doctor can feel overwhelming for many people. Preparing ahead can be a great strategy to be sure all your questions are answered and can give you confidence about moving forward. Whether you're having an in-person or virtual visit about specific symptoms or an annual checkup, here are tips for a successful doctor appointment:

- **Make a list of prescriptions or products you take.** This includes the amount taken each day, including prescriptions, over-the-counter medicines, vitamins, and herbal supplements.
- **Include a family member or friend.** They can help think of questions for the doctor or review information with you after the appointment.
- **Write down questions to ask the doctor.** Once your visit begins, it can be easy to forget what you want to ask, such as:
 - What can I do to prevent or delay health problems?
 - Should I make any changes to improve my health?
 - Are there tests or screenings I should have, based on my age or other risk factors?
 - Do I need to come back for another visit?

Regular annual physicals and preventive screenings are covered by your health plan and can help you and your employees stay healthy and detect problems early.

Contact your broker or Anthem Sales representative to find out how the [SOCA Benefit Plan](#) can help your employees.