

# 10 things to remember when you see your doctor



Thanks to the 500-points promotion through the BP wellness program, more employees and family members than ever before are seeing their doctors for their annual physicals. Because these exams happen just once a year, it's important to make sure this time with your doctor counts. Take a few minutes to prepare for your next appointment by following these 10 tips.

1. Before you go, confirm with your doctor's office that your visit will be treated as in-network (if applicable) and that it is for a complete physical and/or preventive services – not a routine medical visit.
2. Bring your medical ID cards – both medical and prescription drug, if separate.
3. Take along a copy of the prescription drug formulary list, which can be found on our prescription drug administrator's website at [express-scripts.com](http://express-scripts.com).
4. Write down your health history so you can remember important events when the doctor asks. Or save yourself a step by giving your doctor access to your personal health history on Dossia. (See right for details.)
5. Bring a list of current medications you're taking, including over-the-counter medications and herbal supplements.
6. Note any allergies you may have to medication and/or food.
7. Make a list of potential questions to ask the doctor, such as:
  - What is the most important change I can make to improve my health?
  - What cancer screening tests are appropriate for a person my age?
  - Do I need any vaccinations to be up to date?
  - How is my blood pressure?
  - Do I have a healthy weight?
  - Do I have risk factors that mean I should be screened for diabetes?
  - Is it time for me to have a cholesterol test?
  - Are any of my current medicines no longer needed?
8. Take notes while you're with the doctor, so you'll remember specific instructions later.
9. Make a list of follow-up items; for example, any additional procedures, therapies, lab tests or prescriptions.
10. If any medications are prescribed, pay using your Health Care Spending Account debit card, unless you elected "streamlined" or automatic processing.

## Save yourself and your doctor valuable time by creating an online personal health record through Dossia

Online personal health records make it easier for you and your doctors to access and update your personal health information. Through BP, you can create your own personal account through Dossia, at no cost to you.

It takes just 10 – 15 minutes to set up the account, and when you do, you can:

- Share complete and up-to-date health information with your health care providers.
- Avoid potentially dangerous delays, mistakes and miscommunications when coordinating with multiple health care providers.
- Track your personal health history, including immunizations, medications and allergies.

Dossia then gathers health information from various sources, such as lab, X-ray, prescription and physician services, and compiles it all into one secure online resource.

Register today by logging on to the BP Benefits Center website at <http://resources.hewitt.com/bpbenefits>.

## Get your annual physical – earn 500 points

If you're enrolled in the HealthPlus Option in the BP Medical Plan, you'll earn 500 points toward your points goal\* when you see your doctor for your annual physical or well-woman exam.

\*Both you and your spouse/domestic partner must earn 1,000 wellness points by December 31, 2011 to remain eligible for the HealthPlus Option in the BP Medical Plan for the 2012/2013 plan year. Employees hired on or after January 1, 2011, as well as employees on international assignment, are encouraged but not required to earn 1,000 points in 2011.