

BETTER IS:



GETTING THE MOST FROM YOUR OFFICE VISIT!

Being prepared for your appointment helps you focus on your health.

The time you spend with your doctor is important. Be sure to ask questions and talk openly about your health.

For your convenience, write your upcoming appointment details here:

Doctor's Name _____

Date/Time _____

Address/Suite # _____



Fill it out!

Use this checklist to make your office visit count.



Before Your Visit

- ☐ Call to confirm your appointment. Make sure you are going to a doctor in the Ambetter network.
- ☐ Write down any questions you may have. You'll find some suggested questions on the other side of this checklist.
- ☐ Also note any symptoms or conditions you may have.
- ☐ List any medications you're taking, including prescriptions, over-the-counter drugs and vitamins or supplements.



During Your Visit

- ☐ Bring this checklist with you to remind you of topics you want to discuss.
- ☐ Use this checklist to take notes during your appointment.
- ☐ Talk with your doctor about your overall health, diagnosis and treatment. Discuss in detail or explore the options open to you.
- ☐ Before you leave, schedule your next appointment. Record it on this checklist and add it to your calendar.



After Your Visit

- ☐ Review your notes and pick up any prescriptions from your pharmacy.
- ☐ If you had blood work or other tests done, expect the results according to your doctor's instructions.
- ☐ Discuss your office visit with someone you trust. Sharing your experience can help you stay on track with treatment plans.

Ambetter.MagnoliaHealthPlan.com

1-877-687-1187

(Relay 711)

BETTER IS: TAKING CONTROL OF YOUR HEALTH



Use this side of the checklist to prepare for your appointment.

Some thought-starter topics for your office visit:

- Are you taking any medications? If so, are you experiencing any side-effects?
- Are you up to date on your flu vaccination and preventive screenings (colorectal, prostate and/or breast cancer, diabetes/blood glucose, etc.)?
- Do you have an exercise routine?
- Do you have any pain or condition that bothers you frequently or prevents you from doing everyday things?
- Do you have trouble sleeping? Feel down?

I am currently taking these medications/supplements	Dose	Time of day taken

I have these questions/concerns:

Notes from my office visit for follow-up:

Tip!

Confirm that any referrals are to Ambetter participating providers. If they are not, ask for a referral to an in-network provider.

My follow-up

appointment is: _____



Remember to follow up after your visit!

Taking care of your health is an ongoing process. See the front of this checklist for helpful reminders on what to do after your appointment. And if you have any additional questions, visit us online at Ambetter.MagnoliaHealthPlan.com.

Statement of Non-Discrimination

Ambetter from Magnolia Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Ambetter from Magnolia Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Ambetter from Magnolia Health:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Ambetter from Magnolia Health at 1-877-687-1187 (Relay 711).

If you believe that Ambetter from Magnolia Health has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Grievance Coordinator, 111 E Capitol Street, Suite 500, Jackson, MS 39201, 1-877-687-1187 (Relay 711), Fax 1-877-264-6519. You can file a grievance by phone, mail, or fax. If you need help filing a grievance, Ambetter from Magnolia Health is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.



Spanish:	Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Ambetter de Magnolia Health, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-877-687-1187 (Relay 711).
Vietnamese:	Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Ambetter from Magnolia Health, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-877-687-1187 (Relay 711)..
Chinese:	如果您，或是您正在協助的對象，有關於 Ambetter from Magnolia Health 方面的問題，您有權利免費以您的母語得到幫助和訊息。如果要與一位翻譯員講話，請撥電話 1-877-687-1187 (Relay 711)。
French:	Si vous-même ou une personne que vous aidez avez des questions à propos d'Ambetter from Magnolia Health, vous avez le droit de bénéficier gratuitement d'aide et d'informations dans votre langue. Pour parler à un interprète, appelez le 1-877-687-1187 (Relay 711).
Arabic:	إذا كان لديك أو لدى شخص تساعد أسئلة حول Ambetter from Magnolia Health، لديك الحق في الحصول على المساعدة والمعلومات الضرورية بلغتك من دون أية تكلفة. للتحدث مع مترجم اتصل بـ 1-877-687-1187 (Relay 711).
Choctaw:	Chim ayalhpsah ihokih Chishno kiyokmat kanah ish apila ka, Ambetter from Magnolia Health imma ná ponaklo hachim ashah ihokma. Apila hicha rian annowa ya chim annpa anoli akó hashísha hínah kat. Ahíkachih kiyoh. Annpa tishóli imanópolih chinnakma, holhtina yappa ipayah 1-877-687-1187 (Relay 711).
Tagalog:	Kung ikaw, o ang iyong tinutulangan, ay may mga katanungan tungkol sa Ambetter from Magnolia Health, may karapatan ka na makakuha nang tulong at impormasyon sa iyong wika ng walang gastos. Upang makausap ang isang tagasalin, tumawag sa 1-877-687-1187 (Relay 711).
German:	Falls Sie oder jemand, dem Sie helfen, Fragen zu Ambetter from Magnolia Health hat, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 1-877-687-1187 (Relay 711) an.
Korean:	만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 Ambetter from Magnolia Health 에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 1-877-687-1187 (Relay 711) 로 전화하십시오.
Gujarati:	જે તમને અથવા તમે જેમની મદદ કરી રહ્યા હોય તેમને, Ambetter from Magnolia Health વિશે કોઈ પ્રશ્ન હોય તો તમને, કોઈ ખર્ચ વિના તમારી ભાષામાં મદદ અને માહિતી પ્રાપ્ત કરવાનો અધિકાર છે. દુભાષિયા સાથે વાત કરવા માટે 1-877-687-1187 (Relay 711) ઉપર કોલ કરો.
Japanese:	Ambetter from Magnolia Health について何かご質問がございましたらご連絡ください。ご希望の言語によるサポートや情報を無料でご提供いたします。通訳が必要な場合は、1-877-687-1187 (Relay 711) までお電話ください。
Russian:	В случае возникновения у вас или у лица, которому вы помогаете, каких-либо вопросов о программе страхования Ambetter from Magnolia Health вы имеете право получить бесплатную помощь и информацию на своем родном языке. Чтобы поговорить с переводчиком, позвоните по телефону 1-877-687-1187 (Relay 711).
Punjabi:	ਜੇ ਤੁਹਾਡੇ, ਜਾਂ ਤੁਹਾਡੀ ਮਦਦ ਲੈ ਰਹੇ ਕਿਸੇ ਵਿਅਕਤੀ ਦੇ ਮਨ ਵਿਚ Ambetter from Magnolia Health ਦੇ ਬਾਰੇ ਕੋਈ ਸਵਾਲ ਹਨ. ਤਾਂ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿਚ ਮੁਫਤ ਮਦਦ ਲੈਣ ਦਾ ਪੂਰਾ ਹੱਕ ਹੈ। ਦੁਭਾਸ਼ੀਏ ਨਾਲ ਗੱਲ ਕਰਨ ਲਈ 1-877-687-1187 (Relay 711) 'ਤੇ ਕਾਲ ਕਰੋ।
Italian:	Se lei, o una persona che lei sta aiutando, avesse domande su Ambetter from Magnolia Health, ha diritto a usufruire gratuitamente di assistenza e informazioni nella sua lingua. Per parlare con un interprete, chiami l'1-877-687-1187 (Relay 711).
Hindi:	आप या जिसकी आप मदद कर रहे हैं उनके, Ambetter from Magnolia Health के बारे में कोई सवाल हों, तो आपको बिना किसी खर्च के अपनी भाषा में मदद और जानकारी प्राप्त करने का अधिकार है। किसी दुभाषिये से बात करने के लिए 1-877-687-1187 (Relay 711) पर कॉल करें।