



KNOW BEFORE YOU GO

Information and tips to
help you prepare for your
provider visit and get the
care you need



BlueCross BlueShield
of Vermont

An Independent Licensee of the Blue Cross and Blue Shield Association.

Get more effective care with this checklist.

Studies show that patients who prepare for a provider visit by filling out a checklist tend to ask more questions, share more accurate symptoms and get more satisfactory care. That's why we're providing this free, member-only resource—so you can better prepare for your next visit and get the essential care you need.

Fill out this checklist and take it with you to your next provider visit.



List your questions



List any symptoms you want to discuss



List any medications you're taking



Fill out this section with your provider.

List any important information or next steps

HELPING YOU PURSUE HEALTH
ON YOUR OWN TERMS

Questions?
Call Blue Cross and Blue Shield of Vermont customer service: