

Know Your Health Team

Preparing For Your Doctor Visit

Before The Visit:

What would you like your doctor to do for you at the visit?

Are there any concerns you have about your health?

Do you have any new pains or symptoms since your last visit?

Remember to list all of the medications you take on the 'Medicines Worksheet' and go over them with your doctor.

Other questions or concerns you want to ask your doctor about at your visit:

At The Visit:

Answers:

What is your doctors diagnosis?

What tests do you need (if any)?

When do you need to see your doctor again?

Notes (Write down any information discussed at your visit):

Care Managers

The name of my care manager is:

My care manager's phone number is:

Questions for your care manager:

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Contact Information

Phone Number // Website:

Tufts Health Plan
Medicare Preferred
Customer Relations

1-800-701-9000 (TTY 1-800-208-9562)
Representatives are available Monday – Friday, 8:00 a.m. – 8:00 p.m.
(From October 15 – February 14, representatives are available 7 days a week, 8:00 a.m. – 8:00 p.m.)

After hours and on holidays, please leave a message and a representative will return your call the next business day.

Tufts Health Plan
Medicare Preferred
Website

tuftsmedicarepreferred.org

Your PCP:

Dr. _____

Other Doctors You See:

- 1.
- 2.
- 3.