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| *This message is part of an email series offering tips for good health and advice to help you understand and get the most out of your Premera Blue Cross health plan.* |
| 4 tips to prepare for your doctor visit You’re busy. And your doctor is, too. So make the most out of your time together! Here’s how you can prepare for your next doctor visit.  **Write it down**   * Your questions * Your medications * Your allergies   **Be specific**   * How long you’ve had symptoms and how severe they are * What you've done to treat your condition   **Prioritize**   * Time may be limited, so focus on what prompted you to make an appointment * Consider saving general health questions for a wellness checkup * If you need a procedure, testing, or referral, ask about what’s covered and if pre-approvals are needed   **Be candid**  Since you only have a few minutes together, it helps to be direct and forthcoming with your doctor. TIP Looking for a doctor? Sign in at [**premera.com**](https://www.premera.com/sign-in) and search the Find a Doctor tool. |
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