

IF YOU CHECK “NO” MORE THAN 10 TIMES

YOUR HEALTH PLAN NEEDS

A CHECKUP

IS YOUR HEALTH PLAN WASTING YOUR TIME?	YES	NO
Do you lose time traveling between the doctor’s office, the pharmacy, the lab, and back again?		
Can you and family members see your doctors at the same location?		
Can you get a \$0 video or telephone appointment with your personal doctor and save a trip to the office? How about with your child’s pediatrician?		
Can you get your and your child’s medical record information quickly and easily online?		
Are you able to order prescription refills online and have them delivered to your door?		
Do you wait to be called about your lab results or can you see them online in 2 days or less?		
Can you have a video visit with an emergency medicine doctor when you have an urgent need?		
IS YOUR HEALTH PLAN WASTING YOUR MONEY?	YES	NO
Is your premium too high?		
Do you have a high deductible?		
Do you wonder if you could pay less without sacrificing the benefits and quality of your care?		
Have you thought about how much you spend on transportation, parking, babysitters, and other costs to get to and from the places where you get care and services?		
Can you save on copays using video and phone appointments, and emailing your doctor for \$0?		
ARE YOU ON YOUR OWN?	YES	NO
Is it on you to find doctors who are taking new patients, to schedule appointments with specialists, to find locations and times for special tests, and to carry X-rays and test results from doctor to doctor?		
Are you the one who coordinates communication among doctors, testing services, etc.?		
Does your plan provide someone to help you navigate your care?		
DOES YOUR HEALTH PLAN OPERATE IN AN ANALOG WORLD?	YES	NO
Is your medical record 100% digital?		
Can you get text reminders for your appointments?		
Before an appointment, can you check in and pay your cost share remotely?		
Does your health plan have an app for appointments, emailing your doctor, seeing lab results, managing care for a family member, and reading your doctor’s instructions after a visit?		
Is your doctor able to see your digital health record in the exam room during your visit?		
Are your doctors able to do video visits?		
IS HOW AND WHERE YOU GET CARE LIMITED?	YES	NO
Can you have \$0 phone appointments with your doctors?		
Can you have \$0 video appointments with your doctors?		
Can you email your doctor’s office and get a reply in 48 hours or less?		
Can you get a video consult with a specialist right from your primary care doctor’s office instead of driving across town to see that specialist?		
Are the caregivers you talk with connected digitally to your doctors and to your medical record?		
WHEN YOU’RE ABOUT TO GET CARE, DO YOU KNOW HOW MUCH IT WILL COST?	YES	NO
Can you easily predict your out-of-pocket costs before an office visit or special test?		

