

Your Health and Wellness **Journey Map**





Your Healthcare Hub

With this guide, keeping your healthcare information in one place is easy. Use it to organize a variety of important care information, such as your doctors' information, appointments, preventive care, and more.

Tip: Bring this guide with you to your doctor's appointment or local pharmacist. They can help you fill in the blanks or answer your questions.

Doctor _____ Phone _____

Doctor _____ Phone _____

Doctor _____ Phone _____



Answers to Common Questions

Where can I find my member ID number?

This is a nine-digit number, located on the front of your member ID card.

What is a deductible?

Your deductible is the amount you must pay before your plan pays for covered services. Keep in mind that you may have a separate deductible for out-of-network benefits in addition to your standard in-network deductible. This is why getting care from doctors and providers in your plan's network helps you get the most value from your health insurance benefits.

What is a co-pay?

An amount you may be required to pay as your share of the cost for a medical service or supply, like a doctor's visit, hospital outpatient visit, or a prescription drug. A co-pay is a set amount, rather than a percentage. For example, you might pay \$10 or \$20 for a doctor's visit or prescription drug.

What is co-insurance?

Co-insurance is the percentage amount you may be required to pay as your share of costs for healthcare services or prescription drugs. Co-insurance applies after you've paid your deductible. For example, if your co-insurance is 20%, you will pay 20% of the cost for a healthcare service, after you've met your deductible.

What is InTouch for Members?

Through InTouch, our secure website for members, you can check out your claims, preauthorization status, progress toward your plan's deductible, go paperless, and more. Get started or sign into InTouch at InTouch.PacificSource.com.

Stay InTouch on the Go

If you prefer accessing your plan information on the go, our free myPacificSource app gives you mobile-friendly access to helpful information, such as your ID card, deductibles, out-of-pocket totals, and provider directory. Learn more at PacificSource.com/mobile.



Appointment Tracker

Use this space to keep track of your healthcare visits.

Date	Time	Doctor	Things to Talk About



Preventive Care Services

Preventive care is key to your overall healthcare. It helps identify potential problems early on so you can get appropriate care as soon as possible. It can be tough to remember which preventive care services you need and when. Use this space to help you keep track of recommended preventive healthcare.

Regular Screenings	Frequency	Date
Blood Pressure	At least once, annually	
Cholesterol	Every 1 to 5 years	
Dental Cleaning	Every 6 to 12 months	
Vision Exam	Every 2 to 4 years	
Women's Preventive Screenings	Frequency	Date
Pap Smear (women 21-29)	Every 3 years	
Pap Smear (women 30-65)	Every 5 years	
Mammogram (women over 40)	Every 1 to 2 years	
Men's Preventive Screenings	Frequency	Date
Prostate Screening	Seek doctor recommendation	
Colon Cancer Screening (Adults over 50)	Frequency	Date
One of the following:		
• Fecal Occult Blood Test	Annually	
• DNA Based Colorectal Screening	Once every 3 years	
• Flexible Sigmoidoscopy	Once every 4 years	
• Screening Colonoscopy	Once every 10 years	
Vaccines	Frequency	Date
Influenza (flu)	Annually	

* Please refer to your Summary of Benefits for benefit information.



Questions to Ask My Doctor

Write the questions you want to ask your doctor to make the most of your appointment time. Here are some examples of questions you might ask:

- How can I maintain or improve my physical health?
- How can I maintain or improve my mental health?
- I am struggling with _____. Why am I feeling this way?
- What else can I be doing to feel better?

List your questions, concerns, and notes here:



Blood Pressure

A blood pressure rating outside the normal range can be a sign of a serious issue. A steady increase in blood pressure over time can also be a sign of potential health risks. That's why you should have your blood pressure checked at least once per year. Your doctor will also likely get a blood pressure reading at each visit. Keep track of the date and rating for each blood pressure test. Talk with your doctor to learn more about a normal blood pressure range for you.

Date	Result	Date	Result



Other Screenings

While there are general recommendations for everyone, you will also have healthcare needs that are specific to you. This is where you can track those specific healthcare services. For example, if you have diabetes, you will want to document services such as your diabetic eye exam, A1c results, and kidney tests.

Tests / Screening	Date	Result



Health and Wellness Goals

Use this space to record your health and wellness goals. If you're not sure where to start, work with your doctor to set healthy, realistic goals.

You can also use the SMART goal-setting technique to help you set **s**pecific, **m**easurable, **a**ttainable, **r**ealistic, **t**imely goals. For more guidance, view the SMART goal worksheet at PacificSource.com/HealthGoals/SMART.pdf.

Nutrition Goals

Fitness / Physical Activity Goals

Other Health and Wellness Goals

(sleep, stress control, tobacco cessation, blood pressure, etc.)



Medications and Prescriptions

It's important to take your medications consistently and as recommended by your doctor. **This includes any over-the-counter medications or supplements you may be taking.** Please contact our Pharmacy Services team if you have any trouble taking your medication consistently. Our Pharmacy Services Representatives can work with you and your pharmacy to:

- Set-up mail-order refills
- Set-up automatic refills
- Coordinate refill dates for maintenance medications
- Provide information on lower-cost alternatives to your current medications

Track your medications, how much you should take (dosage), and how often you should take it (frequency).

Medication	Dosage	Frequency



Insurance: Coverage for Your Healthcare

Understanding your benefits makes navigating the healthcare system easier. Use this space to keep track of specific details about your health insurance benefits, resources, and contact information. That way, you can quickly get answers to your questions.

My Member ID#	My Plan Network

Prescription Drug List	Office Visit Co-pay	Specialist Co-pay

