

Ask your doctor

5 questions to ask at your next doctor's visit | For adults ages 65+

Before your visit | Ask yourself

“What do I want to talk about today?”

Reflect on how the visit went for you. Feeling understood and having clear next steps are important parts of your care.

Tip: Write down your top 1-3 concerns and bring them with you, or keep them in your phone so nothing gets forgotten.

Questions to ask yourself

- ✓ **How is my physical health overall, and are there areas I should work on?**
Discuss your strength, mobility, and any pain or fatigue.
- ✓ **How can I lower my risk of falls, at home or when I'm out and about?**
Talk about exercise, balance, recent changes in vision, medications you're taking (some increase your risk of falling), and home safety.
- ✓ **Are my vital signs where they should be for my age?**
Ask about things like blood pressure, heart rate, and weight.
- ✓ **Am I taking the best medication for my needs?**
Let them know what prescription or over-the-counter medication you're taking.
- ✓ **How's my stress, memory, and mood?**
You can talk about changes in sleep, focus, or motivation.
- ✓ **Is my bladder healthy?**
Tell your doctor how often you use the bathroom, if anything has changed, or if bladder problems are keeping you from activities you enjoy.



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After your visit | Ask yourself

“Did I feel heard and leave with a plan for my care?”

Reflect on how the visit went for you. Feeling understood and having clear next steps are important parts of your care.

Tip: If something still feels unclear, follow up with a quick phone call.



Member Services

For questions about your plan, benefits, and claims, call **800-538-5038 (TTY: 711)**, Monday - Friday, 7 a.m. to 8 p.m., Saturday, 9 a.m. to 2 p.m.



Care Management

If you need help managing chronic conditions and accessing resources call **800-442-5305 (TTY: 711)**, Monday - Friday, 8 a.m. to 5 p.m.



Virtual care

For scheduled or non-scheduled virtual care appointments, go to selecthealth.org/find-care/virtual-care.



Find a doctor

To select or change your primary care provider, go to selecthealth.org/find-care.

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This information is available for free in other languages and alternate formats by contacting Select Health Medicare: **855-442-9900 (TTY: 711)** / Select Health: **800-538-5038**.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

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