



Inter Valley Health Plan

For health. Not for profit.

Primary Care Physician Change Check List

Now that you have made the decision to change your doctor, you will need to prepare for your first visit with your new physician. You are in a health partnership with your doctor, so you need to be an active participant in your care. Since time is valuable to both you and your physician, come prepared and **remember your new physician does not know you or your medical history.**

Six To Do's Before Your First Visit

- Make arrangements ahead of your appointment to have your key medical records transferred, including x-rays, EKG's, blood work, lab tests, etc.** The ideal time to have your records transferred is as soon as you have made your decision to change. You will need to complete the enclosed Medical Records Release Form and send the completed form to your previous physician so your medical records can be transferred to your new physician. Please **do not send** the Medical Records release form to Inter Valley Health Plan.
- Follow-up** – It is a good idea to contact your new physician's office to see if your records arrived.
- Bring all your medications to the appointment.** Your physician can read your medication bottles for the dosage and strength information.
- Keep a "Health Diary".** You can keep two kinds of health diaries to help your physician manage your health care. The first is maintaining a diary over the years that documents immunizations, medications, allergies (have you been tested?), and, names and types of specialists (you may currently be seeing or have seen and for what condition). You should also include surgeries or procedures you had in the past or are scheduled to have in the near future. The second is maintaining a diary between appointments to track any bodily changes, illnesses or persistent/unusual symptoms.
- Bring a list of your questions.** Be prepared; create a list of questions before arriving for your first visit. We have provided a space for you to list your questions below.
- Bring copies of all legal paperwork that directs your Healthcare determinations,** such as, Power of Attorney for Health Care, Conservatorships or Advance Directives.

1. _____

Answer: _____

2. _____

Answer: _____
