

Take control of your health care appointments

This Appointment Tracker sheet can help you stay on top of your health care to-do list. At your appointments, ask your provider about any patient portals they will use to share results from blood tests, other labs, X-rays, and more. And make sure you share your list of appointments with your primary care provider so they know what other care you are receiving.

DOCTOR'S NAME	DATE & TIME	COMPLETE	NOTES
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Print me out and put me someplace where I can help keep your appointments top of mind!

Need help finding providers or scheduling visits? Call our Member Help Team at the number on the back of your member ID card (TTY/TDD: 711), seven days a week from 8 a.m. to 8 p.m. Please note that on weekends and holidays from April 1 through September 30, your call may be sent to voicemail.

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