



## Benefits To Go

With a little extra planning on your part, you can make sure you're getting the best care possible during your visits to the doctor. **Check out the information in this sheet before you prepare for your next visit—you may even want to take it with you.**

### Before you see your doctor:

- **Make a list of the things you want to talk about.** With a list, you can be sure to cover everything. The Personal Nurse can also help you think about questions you should ask.
- **Jot down your symptoms** (if it's not a routine check-up). You'll be better able to describe your situation and answer your doctor's questions.
- **Bring a list of all medications, allergies and other doctors you see.** Log on to [www.express-scripts.com](http://www.express-scripts.com) and click on My Prescriptions, then Prescription History. This tool will give you a list of the drugs you're already taking. Be sure to also include any over-the-counter products (vitamins, herbal remedies, aspirin, etc.) so you can avoid interactions or side effects.
- **Bring along a copy of JCPenney's preferred drug list** in case your doctor wants to prescribe a medication. If your doctor chooses one from the preferred drug list, it will be cheaper for you. You can download a copy of the preferred drug list at [www.express-scripts.com](http://www.express-scripts.com).

### Tip:

**The Personal Nurse program is a great resource ready to help you:**

- Learn about health conditions
- Be ready to make decisions about the care you are receiving
- Prepare for a doctor's visit
- Understand your condition

**Look for the toll-free number on your medical ID card.**

### Tip:

**To receive your full Medical benefit, be sure that your doctor codes any preventive care or screenings you receive as "preventive." See the other side for more details.**

### During your visit:

- **Tell your doctor your history.** If you have allergies or experienced a bad reaction to a specific drug in the past, be sure your doctor is aware of it.
- **Make sure you understand** the reasoning behind any medical tests and treatment options that your doctor recommends. Take notes, and if you still have questions after your visit, call the Personal Nurse for more information.
- **Don't be shy** about asking your doctor about his or her experience or about seeing another doctor for a second opinion.
- **Bring a friend or family member along** if you are uncomfortable speaking up or want someone else to be there to hear your doctor's advice.

### After your visit:

- **Get any prescriptions filled** — either at your local network pharmacy or through Express Scripts' Home Delivery program.
- **Call the Personal Nurse** with any follow-up questions, to clarify your doctor's instructions, get additional information about your prescriptions or to receive information about related JCPenney programs available to you.

**Remember to always follow your doctor's treatment plan carefully.**

**Over 50% of people don't stick to their treatment instructions and end up getting sicker instead of better—don't be a statistic.**