



# WHEN IT COMES TO THE DOCTOR, YOU HAVE NOTHING TO FEAR

Keeping up with your checkups and screenings is key to staying healthy, happy, and carefree.

**You've got this. Here are 5 tips you can use to overcome anxiety and approach your next doctor appointment with comfort and confidence.**



**Be honest:** Trying to hide your anxiety may lead to more anxiety. Let your nurse and doctor know that you get uncomfortable. They see it more often than you'd think.



**Bring a friend or family member:** A little company can help distract you and put you at ease. Plus, you'll have someone there to help you remember any instructions from your doctor.



**Do something relaxing before your visit:** It can be as simple as a deep-breathing exercise or listening to soothing music in the parking lot.



**Talk to your doctor before researching online:** Googling your symptoms before you go to the doctor can quickly spiral out of control and cause unnecessary stress. Ask your doctor for useful and reputable websites before you begin any research.



**Remember that the doctor is on your side:** Your doctor's goal is to help you live healthier. Reminding yourself that they're there to help and that everyone's on the same team can help make your visit less intimidating.

Take a proactive approach to your health. Learn more about fully covered preventive care at [ExcellusBCBS.com/PreventiveCare](https://www.ExcellusBCBS.com/PreventiveCare)

