

healthy choices



live well. be well.

Doctor-Patient Relationship

Today, it's normal for primary care providers to be pressed to see as many patients as possible in a day and for patients to bounce between practitioners in a group practice. Patients have their own busy schedules, too, and they want to get in and out of the office quickly.

In light of this, having a strong relationship with your primary care provider (whether you see a physician, certified nurse practitioner or physician's assistant) is crucial to getting the most out of each visit.

TALKING WITH YOUR DOCTOR

Make a list of concerns in order of their importance to you.

Write down all your medications, vitamins, and supplements.

Note all health and life changes since your last visit.



What makes a Good Doctor?

Some of the qualities that a good doctor should possess are measurable, others are not. A good doctor should be:

- ◇ Caring
- ◇ Concerned
- ◇ Friendly
- ◇ Confident
- ◇ Hopeful
- ◇ Positive
- ◇ Wise in Judgment
- ◇ Knowledgeable
- ◇ Good Listener
- ◇ Trustworthy

4 Key Elements to Maximize Your Visit

Be Honest

Ask Questions

Set an Agenda

Work Collaboratively





Welcome

TASHA CURRY

Local 655 Healthcare Benefit Specialist

Tasha is the Local 655 Healthcare Benefit Specialist and loves helping people navigate through the healthcare system, offering in-person support, and resolving concerns quickly. She has spent most of her career as a community representative with 12 plus years of history working with nonprofit organizations and in the health insurance industry. Gaining experiences in areas such as social service, community outreach, and promoting organizational growth. While Local 655 Healthcare Benefit Specialist is her primary job function by day, Tasha also enjoys the Munny, doing a little yoga, and hitting some balls at the batting cage.

Tasha will be on-site at various locations throughout the year to assist you with:

Eligibility

Benefit Questions

Enrollment Questions

Profile Set Up