



## Keep Track of Your Check-Ups

If you feel sad more often than not, it's OK to ask for help. Talk to your healthcare provider or call your care manager. They can give you choices for ways to help manage and understand your feelings.


Date of visit \_\_\_\_\_ Blood pressure \_\_\_\_\_ Weight \_\_\_\_\_

Symptoms to discuss	Questions for your healthcare provider	How did you feel about your visit?
		


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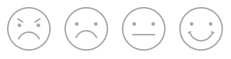
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Contact your health plan's customer service or your care manager if you have trouble finding a provider or making appointments. They can also help if you need assistance with transportation.


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