

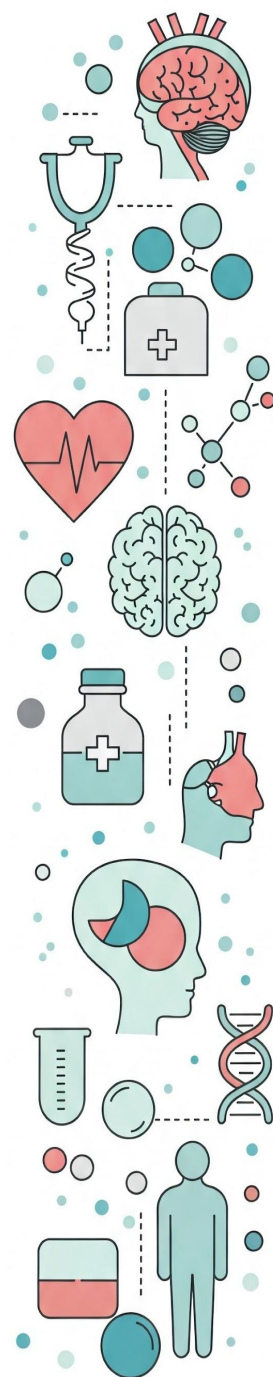
# Advocate for Your Health

When you go to a doctor's appointment, it's important to speak up and ask questions about your health. Before the appointment, write down any symptoms or problems you've been having, even if they seem small. If something doesn't make sense, don't be afraid to ask the doctor to explain it again in simpler words.

If you don't feel like your doctor is listening to you, it's okay to speak up. You can say, "I'm not sure I understand what you mean" or "Can you explain that more clearly?" **You deserve to understand what's going on with your health.** If the doctor doesn't give you answers you feel are helpful, you can ask for a second opinion or even ask to see a specialist. A specialist is a doctor who focuses on a specific area of health, like heart problems or skin issues.

Sometimes, people feel nervous about asking for a second opinion or seeing a specialist, but it's your right to do so. Remember, it's your body, and you should feel comfortable and confident about your health decisions.

Finally, always keep track of your health information. Write down what the doctor tells you, and keep a list of medications you take. This helps you stay organized and makes it easier to talk to other doctors or specialists if you need them.



## Want to check coverage on what's covered under your Medicaid benefits?

You can look at the Member Handbook. Use your phone's camera to scan the QR code or visit:

<https://tinyurl.com/3ahwb5k7>

Or, call the Wyoming Medicaid Customer Service Center @ 855-294-2127.

