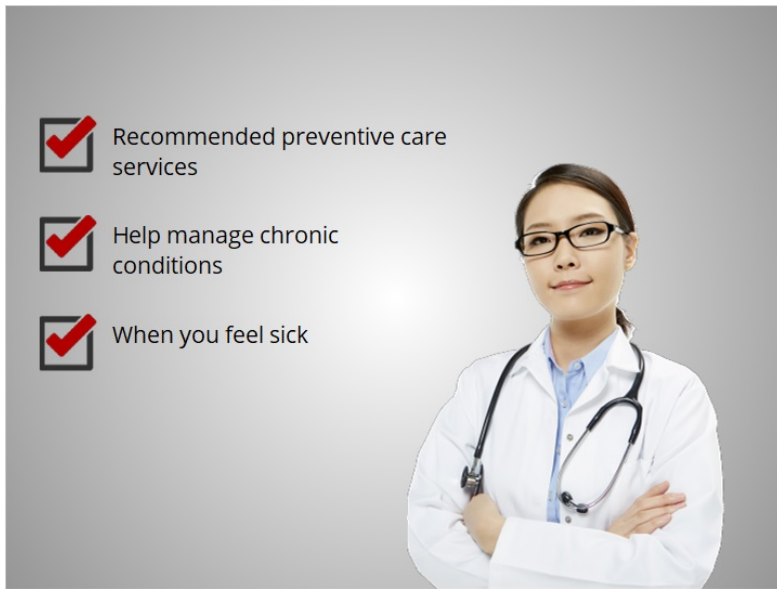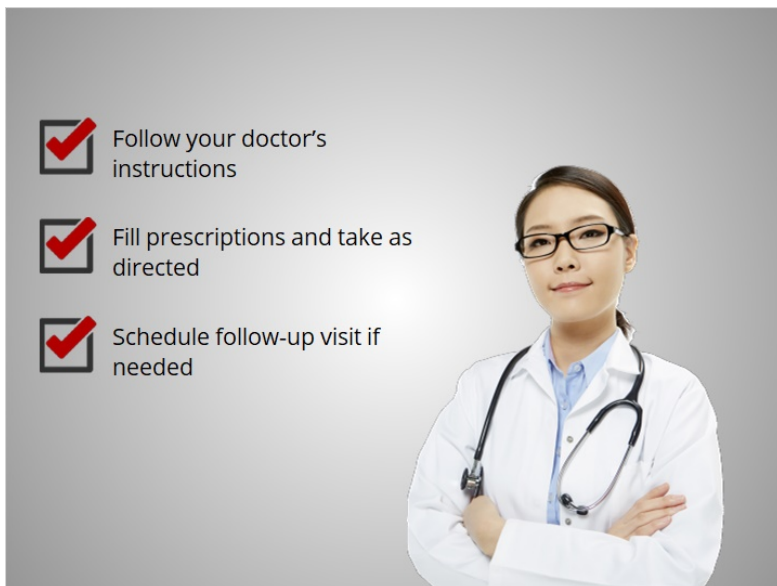# Follow Up Action

Now that you have seen your doctor and had a first visit, where do you go from here?

You'll see your doctor or other provider for your recommended preventive care services and to help manage chronic conditions, as well as when you feel sick.


Ask your doctor when your next visit or recommended health screenings should happen. To stay on track of your health journey, next steps for after your first appointment are to 1) follow your doctor's instructions; 2) fill any prescriptions you were given and to take them as directed; and 3) schedule a follow up visit if needed.

Also, be sure to review your itemized bill to make sure the services and costs listed are accurate. It's also important to pay for the services on time.
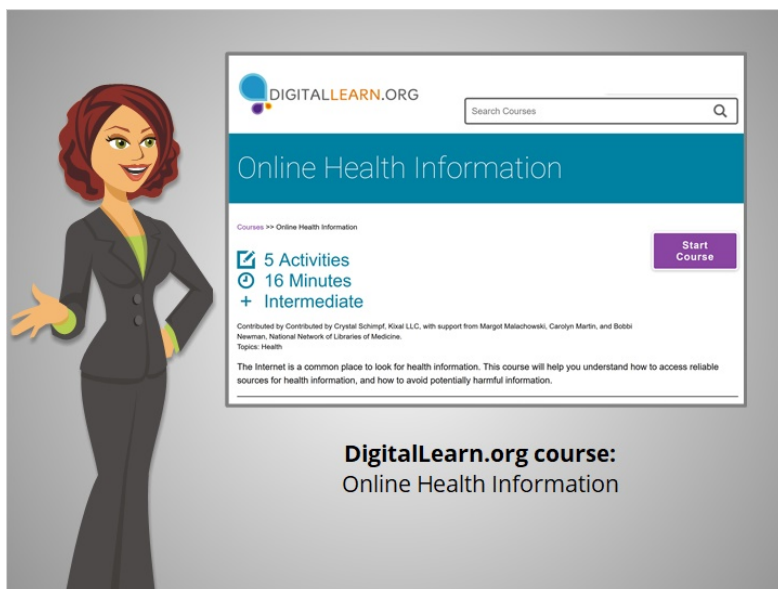

If you have questions or concerns between visits, call your doctor. They can help answer questions about your health and adjust any medications you are taking.
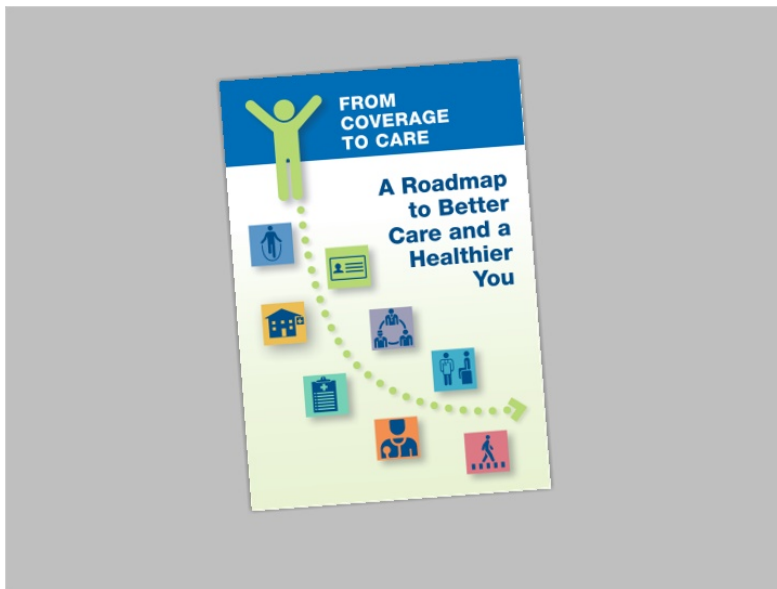
To keep track of your preventive care services and follow up actions, fill out a personal health checklist, like the one in "From Coverage to Care: A Roadmap to Better Care and a Healthier You" provided by healthcare.gov.

Personal Health Checklist

| Health Screening	Date	Result
Height and Weight		
Body Mass Index (BMI)		
Blood Pressure		
Cholesterol		
Vaccinations and Immunizations		

With this personal health checklist, you can see a list of different screenings you may want to receive. You can record dates you receive the screenings, as well as the results. You can also take notes, which might include whether the results are good or bad, and whether there's any follow-up you want to take.

DigitalLearn.org course:
Online Health Information

Many people use the internet to search for health information online, especially if they have been diagnosed with a chronic condition or if they are taking a new medication.

To learn more about how to effectively and safely search for health information, refer to digitallearn's course "Online Health Information." You will learn about trusted, reliable sources, how to search for health information, how to evaluate health information, and how to avoid harmful sites.
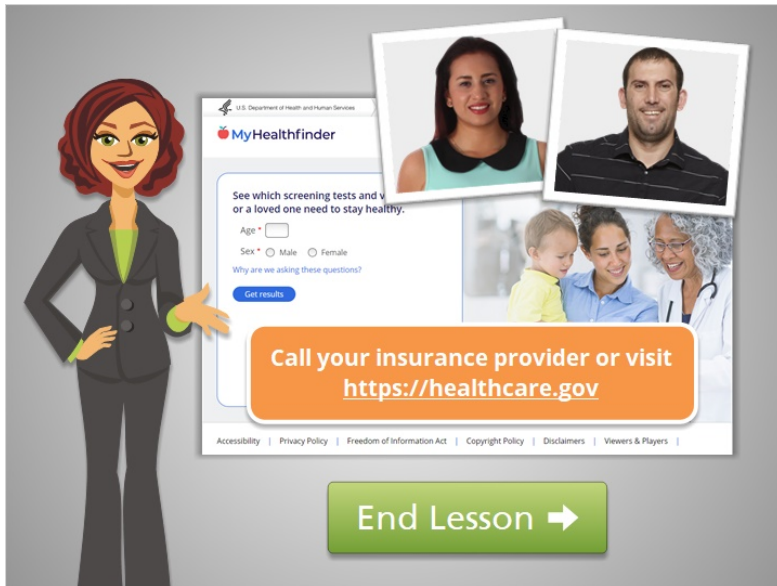
Both Juanita and Harold used MyHealthFinder to learn more about their unique recommended preventive health services that are covered by their insurance plans. If you need help navigating your insurance plan, call your insurance provider or visit healthcare.gov to learn more.

You've completed the final lesson in the course "Using MyHealthFinder for Preventive Healthcare."

Click on the green button to end this course.