Get the most out of your health insurance!

**PUT YOUR HEALTH FIRST**
Get your recommended health screenings and annual check-ups.

**KNOW WHERE TO GO FOR CARE**
HRHCare offers sick and well care which helps to keep you from getting too sick. It also costs less than a visit to the emergency room (ER). If you do have an emergency, go to the ER.

**UNDERSTAND YOUR HEALTH COVERAGE**
Are you familiar with your costs (premiums, co-payments, deductibles, co-insurance)? If you have questions, call us.

**PLAN YOUR VISIT**
- Have your insurance card with you.
- Know your family health history and make a list of any medicines you take.
- Bring a list of questions and things to discuss.

**MAKE AN APPOINTMENT**
When you call, have your insurance information on hand.

**WHEN YOU ARRIVE**
Please arrive 30 minutes early for your appointment. If this is your first visit, you will be asked to complete paperwork.

**ASK YOUR HEALTH CARE PROVIDER**
Three questions you should always ask your provider are:
1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

**AFTER YOUR APPOINTMENT**
Fill any prescriptions you were given and take them as directed. Follow the care plan you and your provider made together.

1.844.HRH.Care (option 3)
1.844.474.2273 (option 3)
insurance@hrhcare.org