Healthcare Navigator's Checklist

PREP & PLAN

☐ **Select & visit a primary care provider**
Your primary care doctor is an important part of your health journey. Head over to the Provider Lookup website to locate a Primary Care Provider (PCP) and plan to visit annually for preventative care.

☐ **Know where to go for care**
Find and save the address, phone number, and email or online portal for your in-network primary care, urgent care, or other clinics to have ready when care needs arise quickly.

☐ **Find prescription drug savings**
A great way to save money is to familiarize yourself with pharmacy programs in the area like Walgreens Prescription Savings Club. You can also use sites like GoodRx or Blink Health to compare prices and access coupons.

☐ **Download your health provider's app**
Use the USI app to stay organized, view plan contact information, and stay up to date with access images of your ID cards. Refer to page 19 of the Benefits Guide for more information.

☐ **Secure a telehealth option**
Make note and create your account for any telehealth options, such as the Teledoc Health. Refer to page 15 of the Benefits Guide booklet for more information.

☐ **Shop around for scheduled procedures**
Do your research and compare prices for healthcare services before scheduling appointments or procedures. Prices can vary widely between different providers. Click here to learn more.

☐ **Explore the MySASD page for more information**
Get familiar with your MySASD. All benefits related information are stored and updated under the Financial Services Department.
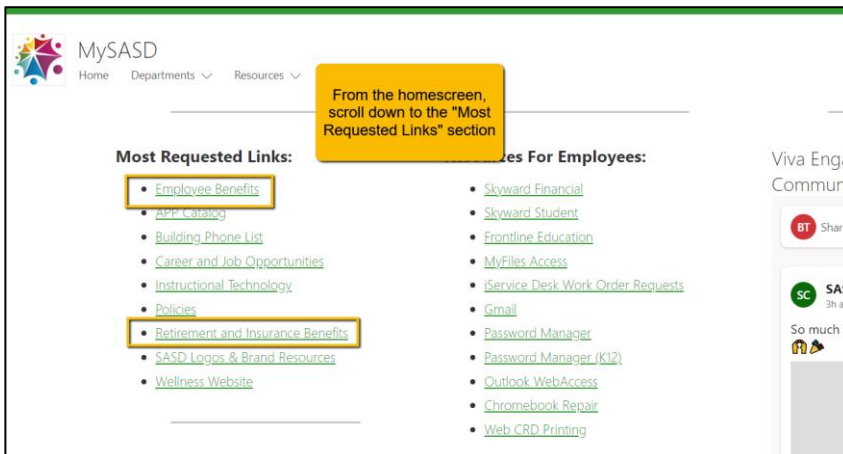
HAVE ON HAND

☐ **Healthcare ID cards**
Have your most recent, up-to-date ID cards and any family members' who are dependents on your plan.

☐ **Benefit plan summary**
Knowing where to find details like your deductible and max-out-of-pocket is important. Keep paperwork handy, or download the USI app.

☐ **Call + chat support lines**
Know where to go when you have questions on care, bills, or claims.

☐ **Medical history**
Information like previous surgeries, allergies, chronic conditions, and medications can be helpful when seeing a new doctor or in an urgent or emergency situation.

SHEBOYGAN AREA
SCHOOL DISTRICT
Staff Wellness