

Health Care



To feel your best, you need to play an active role in your health care.

Your Health Starts with You

To feel your best, you need to play an active role in your health care. Your health care providers help you make a plan for your health, but you are responsible for following the plan and asking for help when you need it. Learn more about how and when to get care from our [health road map](#).

Getting Care

Choose a **primary care provider you can trust**. A primary care provider is the doctor, nurse practitioner or physician assistant you see for most of your care. A primary care provider is important because:

- They get to **know you and your health history**. This makes it easy for them to help you feel your best and find any problems before they get serious.
- They are your main contact for all of your health care needs and questions.
- With Apple Health, if you need to see a specialist or get medicine you need to talk to your primary care provider first.

When you see your provider, it is important to **ask a lot of questions** so you understand what you need to do after your visit.

If you don't have a primary care provider for yourself or your children, you can [call us](#) or search [online](#) to choose one.

Getting Medicine

To get medicine, you must see your provider and they will order you the right medicine. If you take medicine, always **use it safely** and take it only as **prescribed**.

If you need special medicine, your doctor may have to get approval, called "prior authorization," from your insurance plan. Your doctor will work with the plan to get the medicine or find a different medicine that will work for you.

Paying for Health Care

If you have Apple Health, or Medicaid, your insurance plan works with your doctors and pharmacy to pay for your care. For most people with Apple Health, this means you will never get a bill for your health care. The state and federal government pay for Apple Health services.

Get the most out of your healthcare:

- 1 Have a **primary care provider** you know and trust.
- 2 **See your provider** for annual checkups and ongoing care.
- 3 **Ask lots of questions** so you know what to do to feel your best.
- 4 Learn about your insurance coverage. Check out the Apple Health Handbook [here](#).
- 5 Get help. If you are overwhelmed or stressed about getting the care you need **call us**, **care management programs** may help you.



Resources

We have a number of resources and tools to keep you healthy and help you manage chronic conditions. Check out these additional resources:

[Health and Wellness A-Z Library](#)

[Children First Program](#)

[Quit for Life](#)

[New Arrivals](#)

To see previous editions of the Be Well Bulletin, visit our [archive](#).