



# Benefits & You

Winter 2010

## Questions for your doctor



**D**on't be afraid to ask questions when you see a doctor. With health care costs skyrocketing, it is important to get as much as possible out of every visit.

Give some thought to your physical condition before your appointment. Write down your symptoms. Think about how long you have experienced these symptoms and compare them to what is normal for you. Bring a list of all self-care

and prescription medications you are taking.

Be aware of your family's medical history and be prepared to discuss with your physician whether any of it might be relevant to your health care.

Don't forget to ask your doctor if you are due for any vaccinations or whether a blood, urine or stool analysis is necessary.

Some people find it helpful  
(Please see page 3)

**Benefits & You** is the quarterly publication of the Teamsters 631 Security Fund for Southern Nevada. Each issue will inform Fund participants about new developments and help them make better use of their medical benefits.

This bulletin discusses particular benefits and aspects of the Plan but does not include all governing provisions, limitations and exclusions of the Plan. Refer to the Plan Document and Summary Plan Description for the complete rules that govern your situation.

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