curative

Get ready for your Baseline Visit: Simple steps to prepare

Your Baseline Visit is essential to taking control of your health and well-being. You'll meet with a Curative Clinician, followed by a Care Navigator. Everything is kept confidential, and it will not impact your premiums. To make the most of your time and ensure a smooth, productive visit, here are a few tips to help you prepare.

1 Gather your information

Having important health details ready will help your Curative Clinician fully understand your health history and your Care Navigator find care covered by Curative. Be sure to have the following on hand:

For your Baseline onboarding

- List of current healthcare providers: Include primary care physicians, specialists, or other healthcare professionals you regularly see.
- List of medications: Include prescriptions, over-the-counter drugs, and supplements or vitamins you take regularly.
- Current pharmacy: Note the pharmacy you use so we can confirm if it's in-network.
- Planned care/surgeries: List any upcoming procedures so we can check if prior authorization is needed.

For your Baseline clinical check-in*

- Health concerns or questions: If you have anything on your mind—whether it's a new symptom or a general health question—write it down so you don't forget to ask during your visit.

2 Find a quiet, private spot

- Use a closed office or quiet room—avoid noisy or public places.
- Don't do your visit in a moving vehicle to maintain privacy, safety, and focus.

**Refer to your Summary Plan Description and Benefits Booklet for more details on the Baseline Visit. Clinicians must be licensed in your state. Not all geographies include a clinician. Curative Primary Care is a physician-owned medical practice, and its clinicians exercise their own independent medical judgment. Members must complete a Baseline Visit within the first 120 days of the plan start date to qualify for $0 out-of-pocket costs.*

©2026, All rights reserved.
Curative Insurance Company

3 Use a computer

A computer with a stable internet connection offers the best experience. If you don't have access to a computer, use your phone or ask your employer if they have a computer you can use to complete the visit.

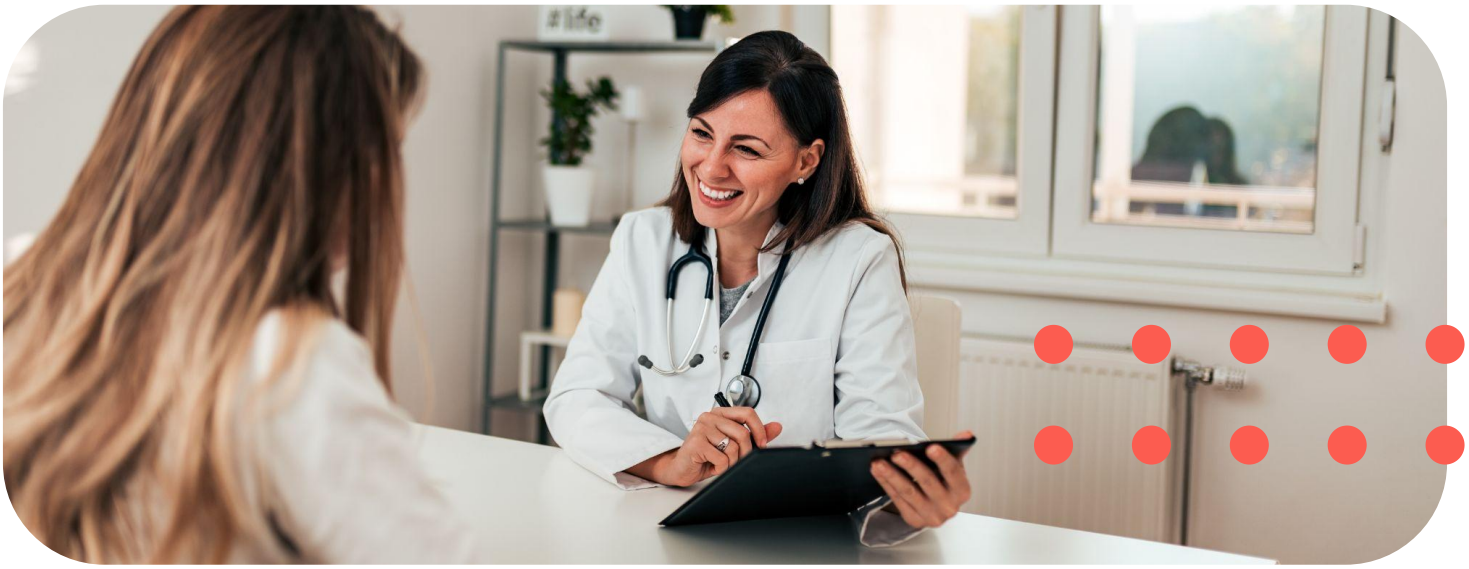
4 Know your health goals

Whether it's managing stress or improving your diet, think of any goals to discuss with the Curative Clinician who can help create a plan that works for you.

5 Relax and be honest

- The Baseline Visit is your time to focus on you. Be open about your health habits, any challenges you're facing, and what you hope to achieve.
- Your Curative Clinician is here to guide and support you, so don't hesitate to share the full picture.

Curative is here to help. Your health journey starts with the Baseline Visit, and we're here to make the process as simple and easy as possible. Let's take this important step together toward better health.



**Refer to your Summary Plan Description and Benefits Booklet for more details on the Baseline Visit. Clinicians must be licensed in your state. Not all geographies include a clinician. Curative Primary Care is a physician-owned medical practice, and its clinicians exercise their own independent medical judgment. Members must complete a Baseline Visit within the first 120 days of the plan start date to qualify for $0 out-of-pocket costs.*

©2026, All rights reserved.
Curative Insurance Company