

How to find a new Primary Care Provider

1

Pick what type of primary care office you would like to go to! As an adult, you can see a doctor and/or advanced practice provider (APP). An APP is commonly a Nurse Practitioner or a Physician Assistant:

- Family Medicine: These providers see patients of all ages, from babies to older adults. Family medicine doctors can see everyone in a family, which some folks find more convenient.
- Internal Medicine: These providers only see adults. Internists often see adults with multiple or complex medical issues and receive training in the care and management of chronic illnesses.

2

Think about what is most important to you. Everyone should see a primary care provider that makes them feel comfortable.

- Seeing a provider who is the same gender as you
- Going to a provider that is close to where you live
- Going to a primary care office that has appointment times that are convenient for you (like late afternoons or evenings)
- Seeing a provider who is familiar with specific health issues or problems (i.e. diabetes, lupus, sickle cell disease)
- Seeing a provider with additional training or expertise, such as being board certified. You can check to see if a doctor is board certified by visiting the website Certification Matters at (www.certificationmatters.org)

3

Know who you can see based on your health insurance. Each health insurance plan has a different network of primary care providers. The best way to find out who accepts your insurance is to use the “Find a Doctor” tool on your insurance plan’s website.

4

Ask your family or friends about who they see and like. Double-check that the doctor accepts your insurance using the information in Step 3.

5

If you feel stuck or confused, you can always call the Member Services line listed on your insurance card. A member services representative can help you locate primary care providers who accept your insurance based on location and ability to see new patients.

