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Tips for Choosing a Health Care Provider

Assembling a trusted healthcare team is essential, and selecting a primary care provider is one of the most important decisions you can make.

There are many reasons you may need to choose a healthcare provider². These are just a few:

- Your doctor moves or retires
- You move
- You have a new diagnosis that requires a different level of care or specialty

When choosing a healthcare provider, here are a few tips to consider:

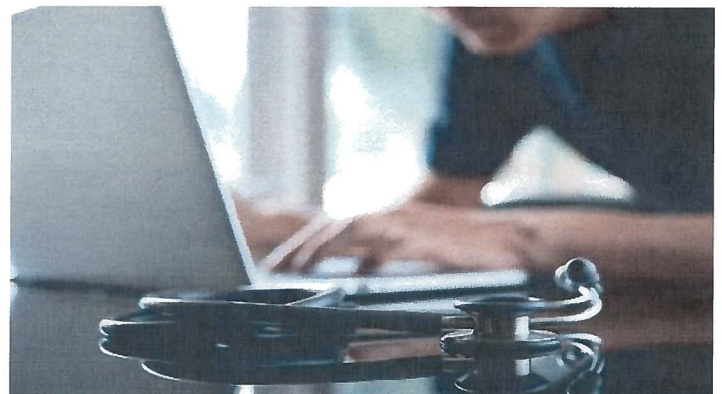
Contact your insurance plan. Contact your insurance plan first to find out which providers are covered under your plan.

Read reviews. Read provider reviews on Healthgrades³ or call⁴ your local or state medical board to check the standing of the providers you are considering.

Ask local friends & family. Find out which providers your friends and family see, and ask about their experiences.

Consider affiliations. Check to see if the doctors you are considering are affiliated with your preferred hospital system.⁵

Consider location. Consider how far the commute is to the provider's office and find out if there are telehealth options available as well.



Ask questions. Once you have narrowed down your list, call each of the physician's offices directly and ask a few more questions like these:

- Is the doctor currently accepting new patients?
- How far out are appointments being scheduled?
- What is the process for refilling prescriptions?
- Which hospital affiliations does the doctor have?
- Are there telehealth options?

When it comes time to choosing a healthcare provider, carefully weigh your options and remember to explore the resources offered through your employer's health plan.

2. <https://www.nia.nih.gov/health/how-choose-doctor-you-can-talk>
3. <https://www.healthgrades.com/>

4. <https://www.nia.nih.gov/health/how-choose-doctor-you-can-talk>
5. <https://www.healthgrades.com/right-care/patient-advocate/>