

Choosing Adult Health Care Providers

Where to start your search:

- Ask trusted adults for suggestions (your pediatrician, your parents, your friends)
- Check with your insurance company for a list of participating providers in your area
- Check out practice websites. They sometimes identify who is accepting new patients.

Once you have a practice in mind, call and ask:

- Does the practice accept your insurance?
- Are they taking new patients?
- What are the office hours?
- What happens if you need care and the office is closed? Is anyone “on call”? Or are you sent to urgent care?
- How will the provider communicate with your specialist(s)?
- How will the provider communicate with your pediatric providers?
- What information do they need from your pediatrician before your first visit?

After your first visit, consider the following:

- Did the provider listen to you?
- Did the provider answer your questions or concerns?
- Did the provider communicate information in a way you could understand?
- Did you feel like you could work with and trust this provider to help you manage your health care needs?