

Preventive Health

Primary care and your health

Finding a Primary Care Provider (PCP)

If you don't have a primary care provider or are not at ease with the one you currently see, now may be the time to find a new one. Whether you just moved to a new city, changed insurance providers, or had a bad experience, it is worthwhile to take the time to find a health provider you trust. Use the steps below to begin your search.

1. Find a list of providers covered by your health insurance. Many insurance companies have resources to help you find an in-network primary care provider. Begin your search with this list of covered providers.
2. Decide what you are looking for in a health provider. List the qualities that matter to you. Do you care if your doctor is a man or a woman? Is it important that your health provider has evening office hours? Do you have specific language needs?

My qualifications:

3. Make a list of several possible health providers. Once you have a general sense of what you are looking for, ask friends and relatives for the names of health providers with whom they have had good experiences.

Provider name	Phone number	Notes

4. Collect information about the providers you are considering. Once you have narrowed your list to two or three providers, call their offices. The office staff is a good source of information about the provider's education and qualifications, office policies, and payment procedures. They may be able to provide insight on telehealth services and other communication methods.
5. Choose a provider. Schedule an annual visit with the new provider. Pay attention to the way you communicate during the visit and how you feel. Ask the healthcare provider questions to help determine if they are the right fit for you.

My new PCP is _____ My appointment date and time: _____

Consider these [guidelines](#) to determine which screenings or immunizations you may need.
Use this [site](#) to find information about the health providers in your area.
Use this tool to find a [list](#) of providers who participate in Medicare programs.