Benefits 101

Finding a New Primary Care Physician

Finding a new primary care physician (PCP) can be overwhelming, especially if this is your first time seeing one. But imagine having a doctor that you feel comfortable talking to and can trust to take care of your health. That's why it's worth taking the time to find the right PCP. Here are a few tips to help you make the best choice:

- Ask for recommendations from friends, family, or coworkers.
- Check their reviews online and research their qualifications.
- Check the insurance company's list of in-network providers. Choosing the highest quality in-network providers will help lower your out-of-pock cost.
- Consider the location and office hours of the doctor. Also, check their availability in case of an emergency.
- Look for a doctor who has experience treating patients your age and any specific health condition you may have.
- And lastly, find a doctor who you feel comfortable with and trust to take care of you.

Once you have established the new PCP, you will want to request that any medical records from the previous doctor be sent to them so they can have all the resources available to give you the best care.

And remember, finding a new PCP is about finding a doctor who you feel confident in and can rely on to keep you healthy.

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