

How To Select a Provider



Finding a primary care provider that makes you feel comfortable is an important part of your overall health.

- DO YOUR RESEARCH.** There are several websites that offer provider reviews that may include important details about the office setting and wait times. Take your time to collect the information you need and schedule a visit if needed.
- ASK FOR HELP.** Consider asking co-workers, friends, relatives or other healthcare professionals you feel comfortable with for a recommendation.
- CONSIDER CONVENIENCE.** Select a provider in an easily accessible location, with hours that fit your schedule. Other important factors to consider: Can the provider see the whole family? Does the office have long wait times? Are appointments available when I need them?
- HOSPITAL AFFILIATION.** Check which hospital your provider is affiliated with. If you like a particular hospital, be sure your provider is affiliated with it should you need to be admitted. You don't want to find this out in your moment of need.

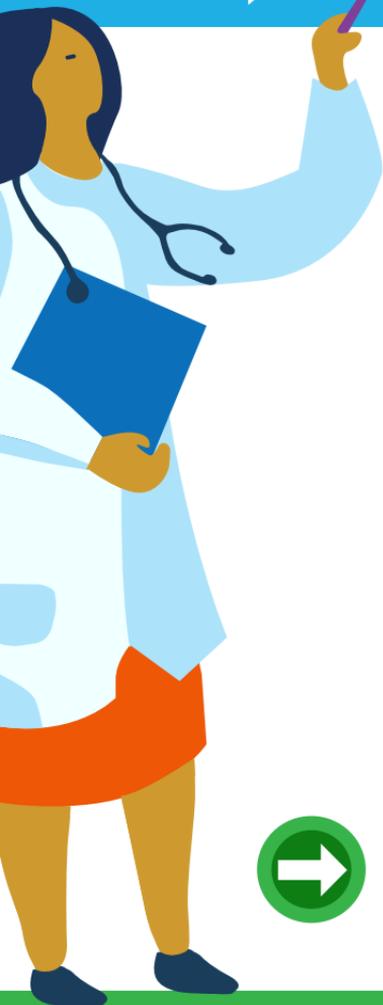
MOST IMPORTANTLY

CHECK YOUR PLAN. Ensure the provider you select is in-network by checking with your health plan (nyc.gov/hbp) or contacting the provider's office directly. Staying in-network helps keep your costs down.

TRUST YOURSELF. If something doesn't feel right about your provider or you aren't happy with the services you receive, speak up or find a new one. The health of you and your family is far too important to not take action.



Primary Care Matters!



A primary care provider is the medical professional you select to take care of your general medical needs. They are your first point of contact for your physical, mental, and emotional needs and specialize in preventing, diagnosing, and treating illness so you can get healthy and stay healthy. Everyone - of all ages - should have a primary care provider.

WHY?

IT'S GOOD FOR YOUR HEALTH.

People who regularly visit their primary care provider are more likely to live longer and healthier lives.

IT KEEPS YOU INFORMED.

Regular visits with your primary care provider keep you up to date on all the preventative tests you need based on your age, gender, and family history.

IT'S COMFORTABLE.

It's easier to talk to someone you know and trust. By seeing the same health care provider regularly, you are able to build a relationship and share what's concerning you more freely, both physically and mentally.



GET STARTED

Call the number on the back of your insurance card to find participating providers. Use the checklist on the back of this card to find a provider that works best for you!