

# Finding an Adult Doctor

It is time to find a new adult doctor to stay healthy and treat you when you are not feeling well.

## **Steps you can take to find a new adult doctor:**

1. Ask your current doctor for a referral.
2. Ask your parents, family members, and friends who they see and if they like their doctor.
3. Look on your health insurance website for a list of adult doctors (under internists, family physicians, family nurse practitioners, or specialists, if needed).

## **Before you choose a doctor or clinic, here are some questions to think about:**

1. What kind of doctor do you need? A primary care doctor, a specialist, a dentist, a mental health provider?
2. Where is the doctor's office or clinic located (near public transportation)?
3. What are their office hours and are there walk-in options for primary and urgent care?
4. What services are offered (preventive check-ups and sick care, sexual health services, dental health services, mental health services, other)?
5. Does the doctor's office or clinic accept your health insurance?
  - Not all doctors or clinics accept all types of insurance. Call to be sure the clinic takes your insurance.
  - Remember to always carry your health insurance information with you (in your wallet or on your phone).