

VitaMin

Vital health information in a minute

How to find a doctor who's right for you

Choosing a health care provider is key to managing your health. You want to find a provider you can trust and a clinic location that's comfortable and convenient for you and your family. Taking a few minutes to find the right fit may be well worth it, because having a good relationship with your doctor can help you be proactive about your health.

Ask for referrals. Personal recommendations from friends, relatives and other doctors are a good place to start.

Define what's important to you. Think about whether you prefer to see a male or female doctor. Maybe you'd like someone who speaks Spanish or another language. You can also find a provider who specializes in a particular area of medicine. Or, perhaps you'd be more comfortable with a physician assistant or nurse practitioner. These are all ways to narrow your search for a provider.

Check your health insurance plan. Before making a decision, find out which doctors are covered by your health plan. You can do this by checking the list of providers in your plan's network by calling the number on the back of your ID card if available, or visiting your health insurance carrier's website. It's also a good idea to contact the doctor's office and ask if they accept your health insurance plan.

Do your homework. Visit or call the office to ask questions about what matters most to you. And, continue your research at your first visit:

- › Does the health care provider take time to answer your questions or address your concerns?
- › Is the office staff helpful?
- › Are the office hours convenient?
- › Does the approach to health care match your expectations?

Review your decision over time. Even if you find the perfect match for now, you may need to search for a new doctor in the future for any number of reasons. Your health needs may change or you may decide to get a second opinion on a diagnosis or treatment plan. It's wise to review your choice of health care providers every year or whenever you have changes to your health or health insurance.

This is intended to be general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing, and health care recommendations.



Together, all the way.®

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., Cigna Health Management, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.

904759 10/18 © 2018 Cigna. Some content provided under license.