How to find a Provider (Primary Care or OB/GYN)

FRAME

1 **Gather the following information prior to your search**

- Insurance card
  - Carrier (e.g. Aetna, Cigna)
  - Plan (e.g. HMO, PPO)
- Zip code that's most convenient

2 **Go to your insurance carrier's website and look for the "find a doctor" tool**

- You can use "guest access" if you don't have an account set up
  - Examples: Aetna, Anthem, Cigna, United
- Enter search criteria
  - Location / zip code
  - Plan name
  - Provider type
- *Note: An OB/GYN may fall under a "specialty doctor" if this category is part of the filtering process*
- Narrow down a few options that are most conveniently located and any other preferences (e.g., gender)

3 **Look at provider rating websites to understand patient reviews**

- Healthgrades and Vitals are two well known provider rating websites
- Often times the healthcare system where the provider works has a provider profile with patient reviews

If you feel comfortable, you can also ask friends, family and/or colleagues for recommendations.

Additional considerations:

- If you get your insurance through your employer, ask HR for a **summary of benefits** to understand potential costs. In many situations, preventive care visits are covered
- Call ahead to verify that the provider and/or practice accepts your insurance
- Choosing the right provider for you is a personal matter, so ensuring mutual trust in the relationship is key

Establishing a relationship with a provider that includes annual check-ins ultimately keeps you healthier and can lower your medical costs over time

For more information, send us an email: **careteam@frameyourfuture.com**