

# Balloon Notes

## Finding an Adult Doctor (Provider)



As you prepare to transition to adult care, it is important to find an adult doctor who will accept your health insurance plan.

### There are 3 ways to find an adult doctor:

1. Ask your current doctor for a list of adult doctors in your area that treats your medical condition.
2. Search your health insurance plan website or app.
  - Find the website on the back of your insurance card or download the app.
  - Explore the site to find a doctor.
3. If unable to find a doctor the website, call your health insurance plan.
  - Find the phone number on the back of your insurance card.
  - Follow prompts and answer questions.

### Things to consider and ask when choosing an adult doctor:

<b>Location</b>	Where is the doctor located? Is there more than one location?
<b>Provider team</b>	Will you always see the same doctor or other provider?
<b>Travel to appointment</b>	How will you get to the doctor's office? Do you need to schedule transportation?
<b>Hospital care</b>	What hospital would your doctor send you to if you got sick? Is this hospital in-network?
<b>Labs and tests</b>	Are labs and x-rays done in the doctor's office?
<b>Making appointments</b>	How long is the wait for an appointment? If you get sick, how quickly can you schedule an appointment? Can they see you as soon as you'd like?
<b>Canceling appointments</b>	What is their policy for canceling an appointment or missing an appointment? Will you be charged if you don't cancel before a certain time before the appointment?
<b>Paying for care</b> (This will depend on the type of insurance you have.)	How much will you pay for the doctor to see you? Is this a "co-pay" or an "out-of-pocket" cost?

### Once you have chosen an adult doctor:

- Call the adult doctor's office to make sure your health insurance plan is accepted. Ask if they are accepting new patients.
- Let your current doctor know who you have chosen.
- Ask your health insurance plan if you need a referral for your new adult doctors.