

When to Switch Doctors



You Might Switch Doctors Because:



You've changed your insurance plan

When you switch insurance plans, it may be time to switch providers if:

- Your new insurance plan doesn't include your provider in their network.
- Your provider does not accept your insurance plan.

Your healthcare needs have changed

As time goes on, your healthcare needs may change due to factors including:

- Growing your family and needing a pediatrician.
- Reaching 65 and needing a geriatrician.
- Growing out of your teens and needing a general practitioner.



You've relocated

You may need to switch providers depending on how far you move. When moving out of town or state, it's important to notify your old provider and ask them for your medical records to hand off to your new provider.

You need specific expertise

Many physicians have interests, experience, or specialties in certain chronic conditions or health concerns. You may want to switch providers when learning of a new health condition or when reaching a certain age.



How to Switch Doctors

Step One

Notify your current provider that you're leaving.

Step Two

Request your medical records such as:

- ✓ List of current medications
- ✓ Recent test results (lab work, x-rays, scans, or procedures)
- ✓ Vaccination records
- ✓ Contact information for prior doctors or specialists
- ✓ Surgical records (e.g., if you've had orthopedic surgery, dental procedures, etc. it's important to note all surgical records)
- ✓ Family medical history

Step Three

Search for new providers in your area. Here are some tips to help you select a new provider:

- ✓ Make a list of your healthcare wants and needs.
- ✓ Call both your insurance company and the provider's office to make sure that the provider is in your network.
- ✓ Call the provider's office to make sure they are taking new patients.
- ✓ Route the distance between your home and their office to ensure an easy commute. Also, look into rideshare benefits if needed.
- ✓ Check patient forums to see how providers are rated by their peers and patients.
- ✓ Ensure the provider is board-certified.
- ✓ Use various healthcare databases to narrow your search and see providers available in your area.

You may also consider switching providers if your provider:

- 🕒 Is never on time
- 📞 Communicates poorly
- 💊 Over-prescribes medication
- 👤 Has a poor bedside manner
- 👉 Prevents second opinions or referrals
- 📖 Offers outdated medical strategies or advice
- 👩‍⚕️ Is unprofessional
- 🩺 Is unable to help you with your symptoms
- 💰 Does not consider your financial situation

