



CHECKLIST:

Choosing a Primary Care Physician

Follow our checklist below to find and choose the right primary care physician for yourself and your family.

- 1. Choose a primary care specialty**
 - Pediatrics
 - Geriatrics
 - OB-GYN
 - Internist
 - General practice
 - Family practice
 - Alternative treatment styles

- 2. Compile a shortlist of doctors by searching your insurance network. Also, evaluate:**
 - Office hours
 - Location
 - Working days
 - Insurance affiliation
 - New patient acceptance
 - Available appointments

- 3. Ask for recommendations and add reliable doctors to your shortlist**

- 4. Check hospital affiliation**
 - Insurance coverage
 - Hospital preference

- 5. Consider additional factors to narrow down your list**
 - Individual or group practice?
 - Labs and x-rays on or off-site?
 - Languages spoken
 - Years in practice
 - Preferred gender

6. Verify the doctor's background

- Verify board certification
 - American Board of Medical Specialties (ABMS)
 - The American Board of Physician Specialties
 - The American Board of Plastic Surgery
 - American Osteopathic Association
- Review disciplinary records
 - Verify licenses in practicing states
 - Federation of State Medical Boards website
- Background checks
 - Review sex offender registries
 - Check with your state's medical board
 - Review your state and county's criminal records
- Review hospital records
 - Leapfrog

7. Prepare before your visit

- Prepare questions
- Bring a list of symptoms, medications, supplements, and past test results

8. Evaluate during your visit

- Receptive listener
- Comfortable with patient autonomy
- Detail-oriented
- Empathetic and humble

9. Listen to your gut

10. Get a second opinion if needed

- Re-visit your shortlist
- Use MediFind's Second Opinion Finder to find specialists who are experts in your condition.
- Use MediFind's Symptom Checker to narrow down potential diagnoses to discuss with your doctor.