

# Finding a New Provider

Some days it may feel like you don't have a lot of choice about your health care. You don't get to pick which medicines you have to take, what conditions you have, or what your symptoms are. One thing you do get to choose is your doctor. Having a good relationship with your doctor and clinic may make managing your chronic condition a little easier. Here are some questions to consider when choosing a new doctor:

## **What did you like about your previous providers?**

Think about what you liked about your care providers in the past. Most patients like it when doctors use language that they can easily understand, speak to you instead of your parent or guardian, and are attentive to their needs.

## **What didn't you like about your previous providers?**

Think about what you didn't like about your care providers in the past. Patients often feel frustrated when their provider only has a few minutes to talk with you or doesn't explain important medical terms

## **How long do I have to wait for an appointment?**

Some specialty clinics - like endocrinology - may have really busy schedules. You may have to wait 2 to 6 months to see a doctor. If you choose a clinic that has an extended wait time for appointments, it is important to schedule any other appointments you need as soon as possible.

## **Who else can I see for my chronic condition?**

Since it may be difficult to schedule an appointment with your specialist, you might want to consider seeing a family medicine doctor. A family medicine doctor is a provider that can see you for any condition. However, since they have a more generalized knowledge, they may not be able to provide care for certain conditions. For example, you may need to see a specialist if you use a pump or CGM to manage your diabetes.

## **Do the clinic's hours work well for my schedule?**

It will be important to choose a clinic that is open during the hours when you can see them. For example, if you get off work at 3pm, you will need to look for a clinic that is open until 5 or 6pm if you need to schedule a visit after work.

