

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:

Location	Where is the doctor located? Is there more than one location?
Provider team	Will you always see the same doctor or other provider?
Travel to appointment	How will you get to the doctor's office? Do you need to schedule transportation?
Hospital care	What hospital would your doctor send you to if you got sick? Is this hospital in-network?
Labs and tests	Are labs and x-rays done in the doctor's office?
Making appointments	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?
Canceling appointments	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?
Paying for care (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.