

Choose the Best Doctor for You

FINDING THE RIGHT DOCTOR CAN BE A STEP TOWARD BETTER HEALTH

Finding the right primary care physician (PCP) can play a huge part in your total health and wellness. The bond you create with your doctor, through mutual respect and trust, is an important step to help you have better health results that last.

Conversations are key

At Health Net, we know building trust and respect with your doctor isn't always easy. We also know that good health care is a team effort, and we want to help you strive to have as open and honest a connection with your doctor as you can.

At first, talking about your health issues may feel awkward, but a good doctor will help guide you along the way. This means they make you feel at ease by listening to your questions and concerns. It also means they make their health suggestions clear, in terms you can understand.

Know what to say

How you talk with your doctor can help result in:

- Less confusion
- Fewer errors
- Quicker recovery

Know what to ask

One of the best ways to talk to your doctor is to ask questions. Because time can be short during medical appointments, you'll feel less rushed if you prepare your questions before your visit.

Other tips include:

- **Ask for details** about a scan or prescription and how it will benefit you.
- **Have the doctor explain clearly** when you are unsure of what you are being told.
- **Speak up!** Don't be afraid to **express your concerns** about something.

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Take someone you trust

If you are unsure about your medical visit, take a trusted friend or family member along. They can take notes and remind you about issues you want to discuss. After the visit is over, they can help you remember the doctor's instructions as well.

Here to help

Don't forget, it can take more than one visit – or trying more than one doctor – to find the best fit for you. If you feel you need a change, Health Net can help. Call the Member Services phone number on your ID card or use our online ProviderSearch tool at HealthNet.com/fehb.



For more helpful tips about how to gain and maintain a lasting connection with your doctor, please visit these websites:

[Ten Questions You Should Know](#)

[Five Steps to Safer Health Care](#)



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