

**Teaming Up for a Healthy Tomorrow<sup>SM</sup>** — a program from Aetna and Magic Johnson Enterprises. Our goal is to help improve health and wellness in our urban communities.



# How to choose a doctor or dentist

## When is the best time to find a doctor or dentist?

**It's before you need one, when you are feeling healthy and have time to make a careful choice.**

**Here are some useful tips.**



**Use the Web to get smarter about your health**

[www.PlanForYourHealth.com](http://www.PlanForYourHealth.com)  
[www.ada.com](http://www.ada.com)  
[www.communityvitality.com](http://www.communityvitality.com)

## Where to start

- Friends, family and coworkers in your area can often recommend a doctor or dentist.
- Your health plan can provide a list of its participating doctors and dentists.
- Get names from local doctor referral services, hospitals or medical schools.

## Ask yourself questions

- Does the doctor or dentist take my health insurance plan?
- What are the office hours? Do they fit in with my schedule?
- How close is the office to my home?

## Find out more

Call the office for more information.

- Are new patients being accepted?
- How are calls and emergencies handled after hours?
- Who covers for the doctor or dentist when he or she is away?
- Who will answer my questions during office hours?
- How long will I usually have to wait to see the doctor or dentist?

## Other points

- Is the office staff friendly and helpful?
- Will the office staff call me to remind me about a visit?

Choosing a doctor or dentist is an important decision. Choose carefully to find one who meets your needs and gives you quality care.



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