



A Roadmap for the Newly Diagnosed

On the Road to Building Your Healthcare Team

Finding the Right Care Team for You

Identifying providers

Building a healthcare team is a personal journey. Sometimes the best way to start is by asking people you know.¹ As you start your search for a new healthcare provider, consider asking friends, family, and your current doctor or healthcare providers for recommendations. You can often do a search online to learn more about different healthcare providers and their practices.² You'll also want to think ahead to how you're going to get to this provider's office and how far this doctor is from your home or work.

Making that first appointment

If you have found a provider that seems to be a good fit for you, making that first appointment often comes down to logistics.

Remember:

- ✓ When you call to make your appointment, ask if they take your insurance and whether the provider you're seeing is "in network."
- ✓ You may also want to consider checking with your insurance company to confirm that this provider is in network.
- ✓ Consider how all of the staff treat you. Are they friendly and helpful?

Preparing for your appointment³

Getting yourself prepared for an appointment is sometimes just as important as the appointment itself. To help make the most out of your healthcare teams' time and yours, be sure to take your notes and medical information. It could be a journal, notebook, or app.

TIP! Before your appointment, write down all the questions you have. If you feel intimidated, hand the list to your doctor so you can go through your concerns together.



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The first appointment

Once you've had your first appointment, you can reflect on how the appointment went and whether you think the provider's office is a good fit for you.

Consider the following questions:

- Did you feel comfortable?
- Did the doctor listen?
- Did the doctor explain things in a way you could understand?
- Did the doctor ask about your medical history?
- Did you feel rushed?
- Did the doctor ask if you had questions?
- Would you feel comfortable talking about topics such as bladder issues and sexual health?
- Was your overall feeling about the experience positive?

Most importantly, trust your instincts. If it doesn't feel right, it probably is not a good fit.

References

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