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How to Find a New Doctor When Your Primary Care Provider Retires

Everyone has to retire at some point, including our family doctors. But what do you do when your doctor hangs up their hat? Finding a new doctor isn't easy, especially in a strained healthcare system. Not only do you need to find a great doctor that can accommodate your specific health needs and is accepting new patients, but your health insurance also has to cover them. [AngelaMD.com](#) is here to share some tips that may help you in your search.

Review Your Health Insurance Coverage

It's important that [your new doctor is "in-network,"](#) meaning they have agreed to accept payment from your specific health plan. Be sure to ask doctors if they accept your insurance. You can also call your insurance company to find out whether a specific provider is in-network. If you're struggling to find doctors covered by your health insurance, it might be time to find a better plan. Research your coverage options carefully! If you're self-employed, you can [enroll in a healthcare plan through ACA](#) or become a member of the Freelancers Union. Keep in mind that you can also get coverage through a spouse's employer-sponsored health insurance plan.

Organize Your Medical Documents

When you find a new doctor, you'll need to transfer your health information from your old doctor. CarePassport explains that it's likely your two doctors use different [systems for storing medical data](#). In this case, you will need to manually request and transfer your records yourself. Request your medical records from your previous doctor in both hard copy and digital formats. Make sure you keep those digital records organized! Instead of storing several digital files on your computer, keep everything in one file by using an [online PDF merging tool](#). This tool will allow you to combine several files into a single PDF and organize pages, so they're in the right order.

Look for a Preventive Medicine Physician

Some doctors focus on helping people get better when they're sick. Preventive medicine physicians, on the other hand, try to help patients before they develop an illness. Look for a new doctor who prioritizes preventive care. For example, a preventive medicine physician will encourage healthy lifestyle habits like exercising, eating healthy, getting enough sleep, and [taking supplements to support your health](#). Preventive medicine doctors also provide preventive services like screenings, immunizations, and general lab work. According to US News, you should be able to find [information about preventive services](#) on a doctor's website.

Ask for Referrals

If you know your doctor is retiring ahead of time, feel free to ask them for referrals to other physicians. There's a good chance they know another doctor who is currently accepting patients. Plus, your doctor already has a good understanding of your particular health needs and should be able to recommend practitioners who will meet your needs.

Meet Potential Doctors Face-to-Face

Before deciding on a new doctor, try to meet a few of your top picks face-to-face. This will give you a chance to evaluate each doctor's demeanor and personality. Be sure to [ask the doctor questions](#) about their office policies. For example, find out what hours they see patients, whether or not they accept email questions, and how far in advance patients need to make appointments. You should also find out some information about the doctor's qualifications and background, ensuring they are board certified and speak your language.

Looking for a new doctor can be a real headache. If you need to replace a doctor who is retiring, start your search as soon as possible so you have plenty of time to find someone who will meet your expectations and care needs. This will also give you time to find a new health insurance plan if necessary.

For more information about maintaining your health and wellness, check out some of the other resources on [AngelaMD.com!](#)