

Locating a Doctor

ADDITIONAL RESOURCES

Bureau of Primary Health Care
www.bphc.hrsa.gov/

For Medicare:
1-800-MEDICARE

For information on your
Local Health Department:
1-877-4MD-DHMH, ext. 5301

Maryland Pharmacy Assistance
1-800-492-1974 or
1-410-767-5394

Pharmacy Price Comparisons
1-866-298-8245
[http://www.oag.state.md.us/
Drugprices/index.htm](http://www.oag.state.md.us/Drugprices/index.htm)

For more information on topics
discussed in this fact sheet,
contact The Arc of Frederick
County.

Phone: 301-663-0909
www.arcfc.org



Choosing a doctor that you are comfortable with and trust is an important decision. Here are some suggestions:

If you have a private insurance, contact your insurance company for names of participating doctors who accept your insurance. You can locate the number directly on your insurance card. Check their website.

If you have **Medicare**, call 1-800-633-4273 or go to www.medicare.gov/Physician/home.asp for the names of doctors.

If you receive medical assistance, call the number on your Medicaid card for names of participating doctors accessible to you. You can also view the provider directory on the Internet at www.dhmh.state.md.us/mma/healthchoice/ and click on HealthChoice Provider Directory.

If you do not have medical insurance you could contact *The Bureau of Primary Care Health*. They provide medical care in many community health centers around the state. Also, some *County Health Departments* provide low-cost services. Contact them to see if you are eligible.

Other suggestions: Another idea is to ask your friends and coworkers for recommendations.

Contact the doctor's office and, depending on what is important to you, ask about location and office hours, how long it takes to get an appointment, if the office is accessible, etc. Be sure to ask what fees you will be required to pay, and tell them what insurance you have.

After your first visit, think about your satisfaction with the visit. Was the office staff helpful, the doctor respectful? Did people take time to answer questions and explain things clearly? If you are satisfied, have your previous doctor forward your medical records to your new doctor.

Project MED has booklets that tell about various medications. These can be purchased at www.project-med.org or by calling (614)688-8214.