

IDENTIFYING A NEW PROVIDER

This document will help guide you in your search for a new adult endocrinologist and factors to consider when choosing a new clinic.

Why do I need an adult provider?

An adult provider will be able to manage your health care in an age-appropriate way. Moving to adult care is like other life transitions at this time, like graduating from high school.

When will I find a new provider?

Timing will depend on your specific circumstances, but shifting will happen anywhere from age 18 up until you are 22. Talk with your current provider about when a good time would be to shift.

How do I find a new provider?

Step 1: Go to your health insurance website to look for available providers or call your insurance to ask for in-network clinics (see Shift Script: Calling Insurance).

Step 2: Consider your preferences (e.g. gender, practice style, experience, research interests)- ask clinics about these topics when you reach out or look at provider biographies on clinic website.

Step 3: Call or look at endocrinology clinics online to see if providers are accepting new patients and for more information.

Step 4: Schedule with a provider (see Shift Script: Scheduling an Appointment). Remember it is okay to switch providers/health systems if it turns out to not be a good fit.

What else should I be considering in my search for an adult provider?

- What insurance do they take?
- Is the practice connected with a large medical center or is it a smaller community practice? Larger medical centers have the benefit of having multiple specialties under one system.
- What are practice specifics? (Office hours, After hours/on-call services, Other services on site)
- What kind of support is offered (social workers, case coordinators, mental health support, etc.)
- How accessible is the practice (location, parking, transportation, interpreters, etc.)?