

3-STEP GUIDE TO CHOOSING A PEDIATRICIAN

You want the very best for your child and choosing a pediatrician is an important decision. Consider these tips when making your choice.

1 DEFINE YOUR PRIORITIES

Define what is most important to you and your family in choosing a pediatrician. Here are some questions to consider:

- What is the doctor's philosophy of care? Does it align with your values?
- Are the clinic locations convenient? (Are there options near home, work, or other important areas of your life?)
- Does the clinic offer conveniences that are important to you? (open hours, urgent care, same day or walk-in appointments, online access to electronic medical records, etc.)
- Does the clinic have an affiliation with a hospital or connection with a network of specialty care?
- Is the doctor and/or clinic considered "in network" for the health insurance that covers your child(ren)?

2 SEEK RECOMMENDATIONS AND DO YOUR RESEARCH

- Ask your obstetrician or midwife for recommendations. Get more than just names and clinics: ask why they think you should trust the provider with your child's care.
- Ask family and friends who share your values about their experiences with specific clinics and pediatricians.
- Research both pediatricians and clinics online to see how they fit with your priorities. Clinic websites are a great place to start, but also consider conducting searches online or through social media.
- Call the clinic to ask questions; if a pediatrician isn't available, talk with the clinic manager.
- Arrange a meeting with the pediatrician (in person or on the phone). Many clinics offer expectant parent classes to help assist in this decision process.

CONTACT ONE OF CHILDREN'S 12 PRIMARY CARE CLINICS

Brooklyn Park

Partners in Pediatrics
763-425-1211

Burnsville

Metropolitan Pediatric Specialists
952-435-2450

Edina

Metropolitan Pediatric Specialists
952-920-9191

Hugo

Children's Hugo Clinic
651-426-1141

Maple Grove

Partners in Pediatrics
763-559-2861

Minneapolis

Children's Primary Care &
Adolescent Clinics
612-813-6107

Plymouth

Partners in Pediatrics
763-520-1200

Rogers

Partners in Pediatrics
763-428-1920

Shakopee

Metropolitan Pediatric Specialists
952-445-6700

St. Louis Park

Partners in Pediatrics
952-930-8400

St. Paul

Children's Primary Care Clinic
651-220-6700

West St. Paul

Children's West St. Paul Clinic
651-726-9500

[childrensMN.org/
primarycare](http://childrensMN.org/primarycare)

3 NARROW DOWN YOUR CHOICES AND ASK QUESTIONS

Location

- Is the clinic conveniently located to meet your needs?
- Is there easy parking and building access?
- Does the clinic have affiliate clinics nearby if your clinic isn't available?

Experience of the clinic providers

- How many years have they been in practice?
- What is the level of training (Physician, nurse practitioner, pediatric or family practice specialty)?
- Do you prefer a male or female pediatrician for your child? Are there both at the clinic if your child has a preference in the future?

Philosophy of care/communication style

- What's their communication style? Do they listen to and trust your instincts? Are they open to questions, do they provide recommendations and guidance and function as a partner in your child's care?
- What's their philosophy of care? Opinion on vaccination use? Frequency of well check-ups — do they follow American Academy of Pediatrics recommendations? What's their philosophy on prescribing medications? Do they treat the whole child — taking time to focus on prevention, nutrition, development, mental health and the family environment?

Convenience

- What are office hours?
- Are same-day or walk-in appointments available?
- What after-hours or urgent care do they offer?
- Do they have weekend hours?
- How many other pediatricians are at the clinic to care for your child if your primary care provider is unavailable?
- Do they have a triage nurse to take calls during the day and help you decide if an appointment is needed?

- How are after-hours calls handled?
- What other services are available at the clinic (X-ray, lab, lactation consultant, telehealth, specialists, pharmacy)?

Comfort

- Is the clinic bright and welcoming?
- Are staff helpful and friendly?
- Do they understand kid's needs and respond accordingly?
- Is there a separate waiting area for well children and/or newborns?
- Is the wait time reasonable? Is there enough time within your appointment to get your questions answered without feeling rushed?

Affiliations

- Is the clinic part of a larger health system with access to pediatric specialty clinics?
- What hospitals is it affiliated with?
- What hospital emergency room or urgent care do they recommend?
- Does your insurance cover services at these facilities?

Insurance

- Is the clinic within your insurance network?
- Does the clinic accept a variety of plans in case your coverage changes?
- What if you don't have insurance?
- Is a payment plan possible if you are not covered by insurance? What other financial resources are available?
- How does the clinic handle payments, billing, laboratory charges and insurance claims?