Exercise and diet are the key to leading a healthy lifestyle. But choosing the right doctor is just as important.

Get a Primary Care Physician: As a gatekeeper for all other treatment, choosing your primary care doctor is one of the most important health care decisions you’ll make. Good patient-doctor communication ensures you get the care and attention you need, while avoiding duplicative or contradictory treatments.

Which Kind of Doctor Is Right for You?

<table>
<thead>
<tr>
<th>Family Physician</th>
<th>Internist</th>
<th>Geriatrician</th>
<th>Nurse Practitioner</th>
<th>OB/GYN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practice care from childhood to adulthood. Best if you need a “whole family” doctor.</td>
<td>Practice adult care. Best if you have a chronic health concern.</td>
<td>Practice aging health care. Best if you are age 65 and over.</td>
<td>Practice diverse care and prescriptions. Best if you need tests, but research their allowance by state.</td>
<td>Practice women’s health care. Best if you need specialized women’s care.</td>
</tr>
</tbody>
</table>

Helpful Links to Guide You on Your Search:

Research:
- AMA Doctor Finder: apps.ama-assn.org/doctorfinder
- National Committee for Quality Assurance: ncqa.org
- Physician Compare: medicare.gov/physiciancompare

Rate:
- Angie’s List: angieslist.com
- Health Grades: healthgrades.com
- Rate MDs: ratemds.com
- Vitals: vitals.com

Protect:
- Make sure they’re certified: certificationmatters.org
- Hospital ratings: ConsumerReports.org/hospitalratings
- Watch out for malpractice claims: fsmb.org/state-medical-boards/contacts

Choose:
- Go to Consumer-Reports.org/doctors-and-hospitals to read more about how to choose a doctor.