

ATU Bulletin

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

Health Care

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?

Family Physician	Internist	Geriatrician	Nurse Practitioner	OBGYN
Practice care from childhood to adulthood. Best if you need a "whole family" doctor.	Practice adult care. Best if you have a chronic health concern.	Practice aging health care. Best if you are age 65 and over.	Practice diverse care and prescriptions. Best if you need tests, but research their allowance by state.	Practice women's health care Best if you need specialized women's care.

HELPFUL LINKS TO GUIDE YOU ON YOUR SEARCH:



RESEARCH

- ▶ **AMA Doctor Finder:** apps.ama-assn.org/doctorfinder
- ▶ **National Committee for Quality Assurance:** [ncqa.org](https://www.ncqa.org)
- ▶ **Physician Compare:** [medicare.gov/physiciancompare](https://www.medicare.gov/physiciancompare)
- ▶ **U.S. News & World Report:** [health.usnews.com/doctors](https://www.health.usnews.com/doctors)



RATE

- ▶ **Angie's List:** [angieslist.com](https://www.angieslist.com)
- ▶ **Health Grades:** [healthgrades.com](https://www.healthgrades.com)
- ▶ **Rate MDs:** [ratemd.com](https://www.ratemds.com)
- ▶ **Vitals:** [vitals.com](https://www.vitals.com)



PROTECT

- ▶ **Make sure they're certified:** [certificationmatters.org](https://www.certificationmatters.org)
- ▶ **Hospital ratings:** [ConsumerReports.org/hospitalratings](https://www.ConsumerReports.org/hospitalratings)
- ▶ **Watch out for malpractice claims:**
[fsmb.org/state-medical-boards/contacts](https://www.fsmb.org/state-medical-boards/contacts)



CHOOSE

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