

YOUR PRIMARY CARE PROVIDER

Finding a doctor you trust is an important part of staying healthy. Whether you need a routine check-up or special care because you're sick, your primary care provider (also called a PCP) can help make sure you get the medical care you need—when, where, and how you need it. That's why it's important to find a doctor who is right for you.

With Vermont Health Connect plans, many preventive services have no cost, other than your monthly premium (bill). Free preventative care helps you find and treat health problems sooner, recover faster, and live a longer, healthier life. And since Emergency Room visits are expensive heading off problems by seeing your PCP can save you money.

If You Already Have a Doctor

Most health insurance plans provide you with a “network” of doctors and other health care providers that you can go to, where the insurance company will pay for their share of the cost. If you see a doctor outside of your network and it isn't an emergency, you usually have to pay more of the cost yourself. Find out if your doctor is an in-network provider by calling your insurance carrier, visiting your insurance carrier's website, or asking your doctor.

If You Need to Find a Doctor

There are lots of great doctors in Vermont. Some are in private practices and others work at clinics around the state.

Here are some things to think about when you choose a doctor:

1. Ask for referrals from friends and family. Then check to see if those doctors are in your plan's network.
2. Search your plan's network for doctors whose locations are convenient for you and your family.
3. Research the doctor's education, certification, and performance history. (Websites like www.abms.org and www.ama-assn.org are good resources.)
4. Call the doctors on your list to find out more information about things like cancellation and payment policies, and how they handle after-hour health concerns.
5. Find out who fills in for your doctor when he or she is not available.
6. Make an appointment with your top choice to go over your medical history, discuss your health concerns, and decide if it's a good fit.

Your insurance carrier is a good place to start your search for a PCP. Most companies include a list of providers on their websites.

Remember, if you do not choose a doctor, your insurance carrier may choose one for you.

Insurance Carrier Provider Information

BlueCross BlueShield of Vermont	www.bcbsvt.com/find-a-doctor	1-800-247-2583
MVP Health Care	http://mvp.prismisp.com/index.php?tab=provider	1-888-687-6277
Northeast Delta Dental	www.nedelta.com/Providers	1-800-537-1715
Green Mountain Care (Medicaid/Dr. Dynasaur)	www.greenmountaincare.org www.vtmedicaid.com/secure/providerLookup.do for a complete list of Medicaid providers	1-800-250-8427

We're Here to Help

Still have questions? Meet with a Vermont Health Connect Assister in your area, visit <http://www.VermontHealthConnect.gov>, or call Vermont Health Connect toll-free at 1-855-899-9600.