

Tips for finding the right primary care doctor

The right doctor can have a positive impact on your employees' health and well-being. Plus, choosing a doctor in their plan's network can save them money. When choosing a primary care doctor, where do you start? First, there are several types of doctors that can be considered a primary care doctor.

The main types of primary care doctors include:

- **Family practitioners and general practice doctors** treat people of all ages, so this may be a good choice if you want to keep your family's care within one doctor or practice.
- **Internal medicine doctors, also called internists**, treat adults, and may have special knowledge about certain health problems. For people with long-term health conditions, an internist who specializes in the issue may be a good fit.
- **Pediatricians** specialize in caring for children, from birth to early adulthood.

What to consider when choosing your doctor

Take the time to find a doctor who makes you feel comfortable, listens to your needs, and explains things clearly. It's also important to find out if the doctor:

- Is part of your health plan's network, so you pay less out of pocket for your visits. If your doctor is not in your plan's network, you may not be covered at all.
- Has the training and background to treat your health problems.
- Has an office in a convenient location, close to your home or work.
- Holds office hours that work with your schedule.
- Offers telehealth options, such as text, email, phone, or video visits.

You and your employees may visit different doctors in your plan's network to be sure to find the doctor that's the right fit.

Contact your broker or Anthem Sales representative to find out how the [SOCA Benefit Plan](#) can help your employees.