



Find your doctor



The key to accessing health care is finding the right doctor for you. If you need to find a primary care doctor for your general medical needs, or even a specialist, we have a great online resource to help you locate doctors in your area.

Just register and log in as a member at blueshieldca.com, then follow these three simple steps:

1

Click *Find a Doctor*.



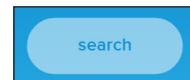
2

Select *Doctors* or *Primary Care Physician*.



3

Select the doctor specialty from the drop-down menu and select *Search*.



You can also contact Blue Shield Member Services using the number on the back of your Blue Shield member ID card, and we'll help you find doctors, urgent care centers and hospitals near you.

Your Blue Shield ID card is also available through the Blue Shield mobile app. You can download the app for iPhone® (on the App StoreSM) or Android™ (on Google Play™) systems. For more information on what the Blue Shield of California app can do for you, visit blueshieldca.com/mobile.



Choosing a doctor

Once you have a list of doctors, you may want to contact them and ask them some of the following questions:

- Is the doctor accepting new patients?
- Does the doctor accept the Blue Shield of California plan I'm enrolled in?
- How long does it usually take to get an appointment?
- Which hospital in our network does the doctor work with?
- Are weekend or evening appointments available?



Make the most of your doctor visit

Doctors see a lot of patients each day, so you will only have a limited time to discuss your health needs with your doctor. You'll want to make the most of your visit by coming prepared.

- Arrive 15 to 30 minutes early to fill out any necessary paperwork.
- Bring your Blue Shield ID card.
- Bring any prescriptions you are currently taking.
- Write down your questions and concerns prior to your visit and bring the list with you to discuss with your doctor.
- Take notes during your doctor visit to help you remember what was said and what you need to do. Repeat back to your doctor in your own words what he or she said to make sure you understood properly.
- Ask about establishing a preventive care plan.

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