

# Student Guide to Choosing a Doctor or Dentist



# Steps for Choosing a Doctor or Dentist

Always choose participating “Preferred” doctors and dentists

Consider your needs and preferences

Ask for recommendations

Check online reviews and resources

Call your top choices and ask questions

Evaluate your first appointment and start over if needed

See the  
following  
pages for  
details

# Always Choose Participating “Preferred” Doctors

**Before You Enroll:**

Go to  
[uhcsr.com/Caltech](http://uhcsr.com/Caltech)



Search for a Provider:  
UHC Choice Plus



Select  
Get Started



Follow the prompts

**After You Enroll & Set Up Your MyAccount:**

Log in to **MyAccount**



Go to the **Policy**  
Information Section



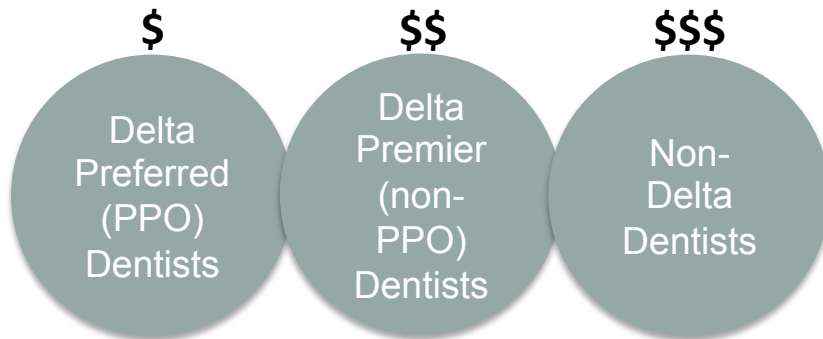
Select  
Locate Network Provider



Follow the prompts

# Always Choose Participating “Preferred” Dentists

You will save the most money with Delta Dental Preferred (PPO) providers  
Take care. Not all Delta Premier dentists are Delta Preferred (PPO) dentists



[www.deltadentalins.com/  
caltechstudentdental](http://www.deltadentalins.com/caltechstudentdental)

Select Find a Dentist

Enter location information  
and dentist type

Select Delta Dental PPO

Follow the prompts

# Consider Your Needs and Preferences

Language  
preference

Male or female

Type of provider:  
general, specialist,  
pediatrician,  
mental health

Convenient  
location

Medical group  
affiliation

Hospital affiliation

# Ask for Recommendations



# Check Online Reviews and Resources

## Reviews

[healthgrades.com](http://healthgrades.com)

[yelp.com](http://yelp.com)

[ratemds.com](http://ratemds.com)

[vitals.com](http://vitals.com)

[zocdoc.com](http://zocdoc.com)

## Tips for Choosing

### Doctor:

<http://www.webmd.com/a-to-z-guides/choosing-a-health-care-provider-topic-overview>

### Hospital:

<http://www.webmd.com/health-insurance/choosing-hospital>

### Pediatrician:

<http://www.webmd.com/baby/shopping-for-a-pediatrician>

### Dentist:

<http://www.webmd.com/oral-health/guide/finding-dentist>

# Call Your Top Choices and Ask Questions

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Is the doctor taking new patients?

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How long will it take to get an appointment?

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How long do appointments usually last?

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Is the doctor part of a group practice? Who are the other doctors?

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Who will see you if the doctor isn't available?

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Which hospital does the doctor use?

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Can you get lab work and x-rays done in the office?

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What is the office's cancellation policy?

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If you have a medical condition, does the doctor have experience treating it?

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If you prefer a language besides English, is there a doctor or nurse who speaks that language?

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Does the doctor offer evening or weekend appointments?



# Evaluate Your First Appointment ... and Start Over If Needed

**Did the doctor  
and office staff:**

Make you feel comfortable  
during your appointment?

Spend enough time  
with you?

Encourage you to ask  
questions?

Answer your questions and  
explain things clearly?

Listen to your opinions  
and concerns?

If you answer “no”  
to any of these  
questions, you  
may want to keep  
looking

[benefits.caltech.edu](http://benefits.caltech.edu)

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