

A young Black woman with short, curly hair is smiling and gesturing with her right hand while talking to a woman in a blue shirt. The woman in the blue shirt is seen from the back, with her hair in a ponytail. The background is a plain, light-colored wall.

Choosing the right provider(s) and getting to know them may seem like a daunting task. Here's what you can do to make it more manageable.

Make a list of what you want in a provider.

Consider things like office location, office hours, what insurance they accept, languages they (and their office staff) speak, gender, etc.

[illegible]

Make a list of people whom you want to ask for advice about or referrals to adult providers.

Consider your parents/caregivers, pediatric providers,
other patients with SBS, etc.

[illegible]

Make a list of providers to consider and their phone numbers. Call their offices and ask questions to find out if they are accepting new patients, if they accept your insurance, and how well they might meet your needs. You may want to make an appointment with multiple providers before you make a final choice.

Provider name	Phone number

Notes: _____

Schedule your first appointment. Find out what your new provider needs from you and your pediatric providers before that visit. You'll want to make sure your medical records are sent to your new provider.



Prepare for a successful first visit

Make sure you and your provider are ready when you meet for the first time. Here are some of the things that can help your first appointment go smoothly.

- ☐ Call the provider's office to make sure they received your medical records.
- ☐ Bring your health insurance card and a photo ID with you to your appointment.
- ☐ Make sure you know where you want your provider to send your prescriptions.
- ☐ Prepare to fill out some forms with your contact information, health history, health insurance, emergency contact information and more at your first visit.
- ☐ Bring a notebook so that you can take notes.