



## Finding an Adult Doctor



**Now that you are turning 18, it is time to find a new adult doctor to stay healthy and to treat you when you are not feeling well.**

Steps you can take to find a new adult doctor:

1. Ask your doctor for a referral.
2. Ask your parents, family members, and friends who they see and if they like their doctor.
3. Look on your health insurance website for a list of adult doctors (under internists, family physicians, family nurse practitioners, or specialists, if needed).
4. Look at the MUSC website to learn more about our physicians:  
<https://answers.muschealth.org/?query=Providers&facetFilters=%7B%7D&filters=%7B%7D&referrerPageUrl=https%3A%2F%2Fmuschealth.org%2F&verticalUrl=provider.html>

Before you choose a doctor or clinic, here are some questions to think about:

1. What kind of doctor do you need? A primary care doctor, a specialist, a dentist, a mental health provider?
2. Where is the office or clinic located (near public transportation)?
3. What are the office hours and are there walk-in options for primary and urgent care?
4. What services are offered (preventive check-ups and sick care, sexual health services, dental health services, mental health services, other)?
5. Does the office or clinic accept your health insurance?
  - Not all doctors or clinics accept all types of insurance. Call to be sure the clinic takes your insurance type.
  - Remember to always carry your health insurance information with you (in your wallet or on your phone).