

## SELECTING A MEDICAL GROUP & PHYSICIAN

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Now that you have chosen a health plan, or have decided to continue with the plan you currently have, focus next on the physicians and medical groups serving the plan. If you already have a preferred Primary Care Physician, make sure the health plan you choose includes him or her. If you can't find a plan that includes all of your doctors, decide which doctor is most important to you, or choose a health plan that allows you to see doctors outside the designated network. Here are some things to consider as you look for a medical group and health care provider:

- **Look for one that is conveniently located near your home or office. Offices in more than one location are a plus.**
- **Be sure to find out where you'll be sent for lab tests, surgeries, specialist visits or hospitalization. Making an extra trip elsewhere may be inconvenient.**
- **Select a group with local access to advanced, state-of-the-art technology and where you can expect quality, personalized health care.**

By selecting a physician from Dominican Medical Foundation or Physicians Medical Group of Santa Cruz County, you have access to Dominican Hospital, one of the region's most respected and highly rated community hospitals.

You will also have access to a broad range of Specialists, innovative technologies and preventive care services. Our Primary Care Physicians and Specialists offer convenient locations close to home and flexible appointment times, so you don't have to travel out of town to receive individualized, patient-focused health care.

"Urgent Care" is defined as same-day treatment for a non-emergency medical condition. To seek same-day care, call your Primary Care Physician's office first. Many of our PCPs offer extended, evening and weekend hours. Conditions such as flus, colds and sore throats are generally treated during an office visit.

Contact your Primary Care Physician's office before proceeding to an Urgent Care facility, in case you can be seen more quickly in their office.