



insurance & talking with your Doctor

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How to Talk to Your Doctor

If you've been consulting with your child's primary physician about the progress or condition of your child, and feel it's time to take the next step in care, here are some ways to help make that conversation easier.

One thing to remember is that your provider is your partner in your child's healthcare. The goal for everyone is for your child to be healthy. But, at times you may need to be the voice of next steps, and that is okay. Being an advocate for your child is never a wrong choice.

The first step is to make an appointment with your child's doctor to specifically discuss being referred to a specialist. Having this conversation as part of a different appointment or regular check-up can feel rushed, leaving you feeling unprepared or hurried through your options.

Before you meet, do some research of your own on options you'd like to consider, even if they are out of your healthcare network. Identify your top choices and why. This may also be a good time to check with your insurance about coverage.

During your meeting, go over your research with your child's physician and listen to what they have to say as well. Note any questions you might have and be sure to keep notes during the discussion.

Make your decision. Once you've weighed the options from your research and opinions from a medical professional, make the decision on what's best for your child and ask the physician for a referral. It can feel awkward to ask, especially if it is outside of what they might be suggesting, but most times you'll find your doctor is agreeable and wants to help.

**For More Information
visit wearecp.org or
call (920) 337-1122**