



## Stay on top of your health by choosing a quality primary care provider

Having a primary care doctor can be good for your overall health. They are the first person you go to when you have health questions or concerns and can help you get specialized care if needed.

[Call now](#)

701-205-0398

## Here are some tips to help you choose a primary care provider.

### 1. Check their location and office hours

Make sure the doctor's office is close to you, so it's easy to get to appointments. Virtual care options may also be a factor as well as office hours and weekend availability.

### 2. Look at their experience

Choose a doctor who has experience treating patients your age and understands your health needs.

### 3. Read reviews

Check online reviews to see what other patients say about the doctor and their staff.

### 4. See if they take your insurance

Make sure the doctor accepts your health insurance in-network to avoid extra costs.

### 5. Find out if you feel comfortable

It's important to feel comfortable talking to your doctor about your health concerns. Trust your instincts after meeting them.

We can help with all of this. We'll call you soon to explain why having a primary care doctor is important and assist you in finding one. We can even help you schedule an appointment.

## If you want help sooner or you miss our call, give us a call at:

**701-205-0398**

Member Services Hours of Operation  
8:00 am - 4:30 pm | Monday - Friday

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