

Guide to Selecting U.S. Doctors

There are different types of doctors and facilities that international students can choose to go to for medical treatments. It is important to visit the correct provider to best treat your medical condition.



Which Doctor Should I Visit When I'm Sick?



Student Health Center (SHC)

- Designated health center on campus
- Affordable and accessible
- First choice for students when sick

Primary Care Physician (PCP)

- Treats most medical conditions
- Services for annual physicals and vaccinations
- Provides referrals for labs or specialist

Specialist

- Focuses on a specific area of medicine
- May require referrals for appointment
- Generally more expensive

Where Should I Go for Immediate Treatment?

If waiting for an appointment is not an option, assess your condition and select a providers below:



URGENT CARE

- Walk-in clinic, no appointments necessary
- Treats wide range of medical conditions
- Long hours, short wait time and affordable

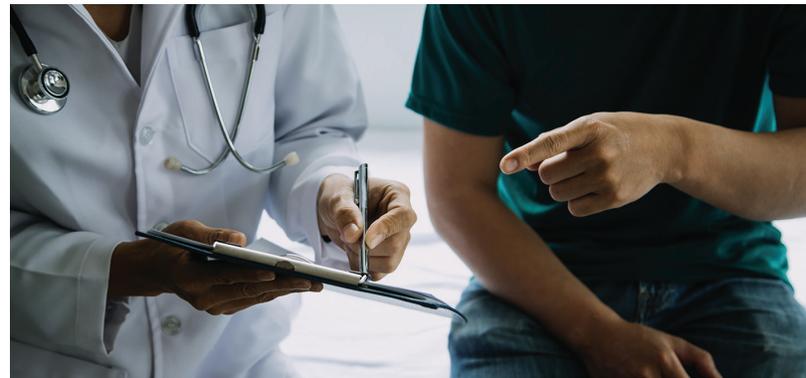


EMERGENCY ROOM (ER)

- For life threatening conditions ONLY
- Very expensive and long wait times
- Open 24/7

Seeing a Doctor in the U.S.

Visiting doctors in the United States can be complex. To start, a primary care physician should be your first option to consider when seeking health care. Using the steps below will make visiting your doctor feel less challenging:



What you should BRING to your visit

Insurance information

Your insurance ID card with identification number

Form of identification

Driver's license, passport, or state ID

List of current medicines

Your usage may be adjusted or changed altogether

Medical history

Lab results, x-rays, patient notes, and previous doctor contacts

What you should DO during your visit

Seek interpreter services

See if your doctor provides translators, or bring a friend

Get referrals

If necessary, for diagnostic testing or specialist visits

Ask questions

Clarify any confusions and understand your symptoms

Choose a pharmacy

Select where all your prescriptions will be sent to

After seeing your doctor



Follow up

Schedule any future appointments upon request



Be responsive

Look out for notices from your doctor such as test results & bills



Make an account

Patient portals let you see visit details and get medical reports



Get prescriptions

Pick up any medicine from your pharmacy