

# Questions to ask your Primary Care Provider

Use these sample questions to start open communication and build your confidence when talking with your healthcare providers. Self-advocacy and trust are important tools in addressing systemic racism and implicit bias.

*NOT ALL OF THESE QUESTIONS ARE REQUIRED NOR MEANT TO BE ASKED IN ORDER, BUT THEY ARE EXAMPLES OF SOME OF THE THINGS YOU CAN ASK*

## Experience and Approach

- How long have you been practicing as a primary care provider?
- What motivated you to specialize in primary care?
- Can you describe your approach to patient care and building relationships with patients?
- How do you stay current with medical advancements and best practices in primary care?

## Patient Care

- What types of patients do you typically see in your practice?
- How do you approach preventive care and health maintenance?
- Can you provide examples of common health conditions you treat in your practice?
- How do you involve patients in decision-making regarding their healthcare?
- Do you have multilingual staff or interpreters available for patients who speak languages other than English?

## Preventive Health

- What preventive screenings and vaccinations do you recommend for patients based on their age, gender, and medical history?
- How do you approach preventive health discussions with patients during routine visits?
- Can you provide guidance on maintaining a healthy lifestyle, including diet and exercise recommendations?

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### **Payment and Insurance**

- What types of insurance do you accept, and do you offer any self-pay options or payment plans?
- Can you provide transparency regarding billing practices and potential out-of-pocket costs for patients?
- How do you support patients in navigating insurance coverage and understanding their healthcare costs?

### **Patient Education**

- What resources or educational materials do you provide to help patients better understand their health conditions and treatment options?
- How do you empower patients to take an active role in managing their health and making informed decisions?
- Can you discuss your approach to shared decision-making and patient-centered care?

### **Mental Health and Well-being**

- How do you address mental health concerns in your practice?
- What resources or referrals do you offer for patients struggling with mental health issues?
- Can you discuss your approach to addressing stress management and improving mental well-being?

### **Cultural Competency**

- How do you ensure cultural sensitivity and competence in providing care to patients from diverse backgrounds?
- Are there cultural considerations you take into account when discussing treatment options or health recommendations with patients?



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