

Finding a new doctor



In this info guide you will find information about

- Going to a doctor you know
- Choosing a new doctor
- Working out what you need
- Meeting a new doctor when you are well
- What to take to a new doctor
- Speaking up with a new doctor



This means important



This means an idea or tip

Going to a doctor you know

It helps to go to a doctor you know.

You and your doctor can learn about your health.

Learning about your health can take time.

But you can get better health care this way.

Choosing a new doctor

One day you might need to find a new doctor.

This could be because

- You have moved
- Your doctor has moved
- You have to wait too long for an appointment
- Your doctor has stopped work
- You doctor will not give you enough time to talk
- You do not like your doctor

Working out what you need

Sue is looking for a new doctor.

She thinks about what she needs.



1 A doctor who bulk bills

Bulk billing means Medicare will pay the doctor.
If the doctor does not bulk bill, you pay the doctor.
You can get some of the money back from Medicare.

2 A man or a woman doctor

It is important to feel OK with your doctor.
This might mean choosing to see a man or a woman doctor.

3 A doctor near buses and trains

Think about how you will get to the doctor.



Friends can tell you about good doctors they know.
You can ask your old doctor for help.
You can call **Healthdirect** on **1800 022 222**
and ask for info.

Meeting a new doctor when you are well

Sue makes an appointment to meet a new doctor.

She wants to meet when she is feeling good.

This way she can remember everything she wants to ask.

Also the doctor will see what Sue is like when she is healthy.



Lyn helps Sue to make the call.

They made a list of things to say.

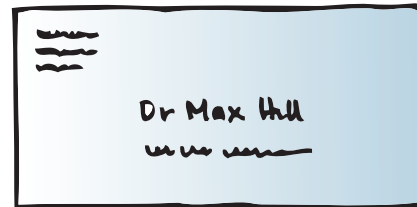
Sue asks for a long appointment.

Sometimes this is called a double appointment.

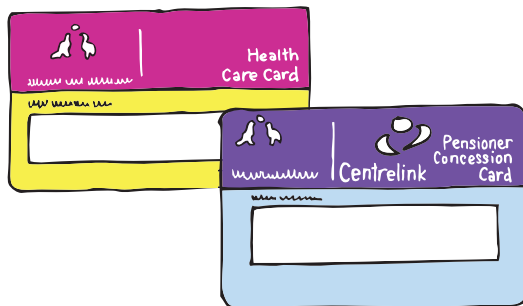
What to take to the new doctor



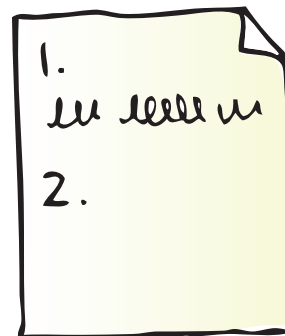
Medicare card



A letter from your old doctor



Health care card or pension card if you have one



Notes or a list of questions you might have



Health records



Your My Health Matters Folder
www.cid.org.au/mhm

Speaking up with a new doctor

Sue visits Dr Smith and Lyn supports her.

Sue asks lots of questions.

She wants to make the best choices for her health.



Later Sue and Lyn talk.

Sue likes how Dr Smith talked to her and answered all her questions.

Sue decides to see Dr Smith next time.

Remember

I can take charge of my health when

- ✓ I go to the same doctor. This helps my doctor to learn about me and my health
- ✓ I have a say about the doctor I go to
- ✓ I work out what I need
- ✓ I make my appointments when I can
- ✓ I ask for support when I need it
- ✓ I speak up with the doctor

Please note

This info guide is not the same as advice from a doctor.

This info guide does not know about:

- Your needs
- Your health problems
- Or what is right for you.

Do not just rely on this info guide.

You should always talk to your doctor about your health.



Healthdirect

This is a phone service. Nurses can give you health info.

You can ask lots of questions. If you are not sure about your health, and you can not get to your doctor, try calling

Healthdirect 1800 022 222.



My Health Matters

My Health Matters helps you explain to doctors and other health people what is important to you.

If you would like a copy of the My Health Matters folder call us on **1800 424 065** or email mhm@cid.org.au

 www.cid.org.au/mhm



View all our easy to read health info guides here:
www.cid.org.au/health-guide

This info guide was written in July 2009.
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