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Choosing a Doctor or Health Care Service

We all want high-quality health care, but it's hard to know how to choose. There are many things to consider, including:




- What your insurance covers
- Whether a health care provider or service is accredited
- The location of a service
- Hours that the service is available
- Whether you like a health care provider's personality

On this page you'll find information to help you choose a health care provider or service.

Start Here

- [How to Choose a Doctor You Can Talk to](https://www.nia.nih.gov/health/medical-care-and-appointments/how-choose-doctor-you-can-talk) [[https://www.nia.nih.gov/health/medical-care-and-appointments/how-choose-doctor-you-can-talk](#)]  (National Institute on Aging)

Related Issues

- [6 Things to Know When Selecting a Complementary Health Practitioner](https://www.nccih.nih.gov/health/tips/things-to-know-when-selecting-a-complementary-health-practitioner) [<https://www.nccih.nih.gov/health/tips/things-to-know-when-selecting-a-complementary-health-practitioner>]  (National Center for Complementary and Integrative Health)
Also in Spanish [<https://www.nccih.nih.gov/health/espanol/consejos-a-la-hora-de-hablar-seis-aspectos-que-debe-conocer-al-elegir-un-profesional-de-medicina-complementaria>]
- [Choosing a Family Doctor](https://familydoctor.org/choosing-a-family-doctor/?adfree=true) [<https://familydoctor.org/choosing-a-family-doctor/?adfree=true>]
(American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/como-elegir-un-medico-de-familia/?adfree=true>]
- [Choosing a Safe and Successful Weight-Loss Program](https://www.niddk.nih.gov/health-information/weight-management/choosing-a-safe-successful-weight-loss-program) [<https://www.niddk.nih.gov/health-information/weight-management/choosing-a-safe-successful-weight-loss-program>]
 (National Institute of Diabetes and Digestive and Kidney Diseases)
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/control-de-peso?dkrd=/health-information/informacion-de-la-salud/control-de-peso/como-escoger-programa-para-adelgazar-seguro-exitoso>]
- [Finding Cancer Care](https://www.cancer.gov/about-cancer/managing-care/finding-cancer-care) [<https://www.cancer.gov/about-cancer/managing-care/finding-cancer-care>]
 (National Cancer Institute)
- [Health Care Providers: Family Doctors](https://kidshealth.org/en/parents/hcp-family-doctors.html) [<https://kidshealth.org/en/parents/hcp-family-doctors.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/hcp-family-doctors.html>]
- [Mental Health Providers: Tips on Finding One](https://www.mayoclinic.org/diseases-conditions/mental-illness/in-depth/mental-health-providers/ART-20045530?p=1) [<https://www.mayoclinic.org/diseases-conditions/mental-illness/in-depth/mental-health-providers/ART-20045530?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/mental-illness/in-depth/mental-health-providers/art-20045530?p=1>]

Specifics

- [Health Care Providers: Midwives](https://kidshealth.org/en/parents/hcp-midwives.html) [<https://kidshealth.org/en/parents/hcp-midwives.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/hcp-midwives.html>]

Health Check Tools

- **QuestionBuilder App** [<https://www.ahrq.gov/questions/question-builder/index.html>] (Agency for Healthcare Research and Quality)
Also in Spanish [<https://www.ahrq.gov/es/questions/question-builder/index.html>]

Statistics and Research



- **FastStats: Ambulatory Care Use and Physician Office Visits** [<https://www.cdc.gov/nchs/fastats/physician-visits.htm>]
(National Center for Health Statistics)

Journal Articles

References and abstracts from **MEDLINE/PubMed (National Library of Medicine)**

- **Article: Effects of ethics communication in health care: a cluster randomised controlled...**
[<https://www.ncbi.nlm.nih.gov/pubmed/40713613>]
- **Article: Evaluating the impact of standardized hospital medical administration on doctor-patient relationships...**
[<https://www.ncbi.nlm.nih.gov/pubmed/40620563>]
- **Article: A randomized controlled trial evaluating stress arousal reappraisal and worked example...**
[<https://www.ncbi.nlm.nih.gov/pubmed/40604103>]
- **Choosing a Doctor or Health Care Service -- see more articles** [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Delivery+of+Health+Care%22%5Bmajr%3Anoexp%5D+OR+%22Physician-Patient+Relations%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+AND+%28patient+education+handout%5Bpt%5D+OR+guideline%5Bpt%5D+OR+clinical+trial%5Bpt%5D%29++NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- **Centers for Medicare & Medicaid Services** [<https://www.cms.gov/>]
- **DocInfo** [<https://www.docinfo.org/#/search/query>] (Federation of State Medical Boards of the United States)
- **Find a Dialysis Facility** [<https://www.medicare.gov/care-compare/?providerType=DialysisFacility>]
(Centers for Medicare & Medicaid Services)
- **Find Nursing Homes Including Rehab Services** [<https://www.medicare.gov/care-compare/?providerType=NursingHome>]
(Centers for Medicare & Medicaid Services)
Also in Spanish [<https://es.medicare.gov/care-compare/?providerType=NursingHome>]
- **Medicare: Find and Compare Health Care Providers** [<https://www.medicare.gov/care-compare/>]
(Centers for Medicare & Medicaid Services)
Also in Spanish [<https://es.medicare.gov/care-compare/>]
- **MedlinePlus: Directories** [<https://medlineplus.gov/directories.html>]  (National Library of Medicine)
- **National Institute on Aging** [<https://www.nia.nih.gov/>] 
Also in Spanish [<https://www.nia.nih.gov/espanol>]



Children

- **Choosing a Pediatrician for Your New Baby** [<https://kidshealth.org/en/parents/find-ped.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/find-ped.html>]

Teenagers

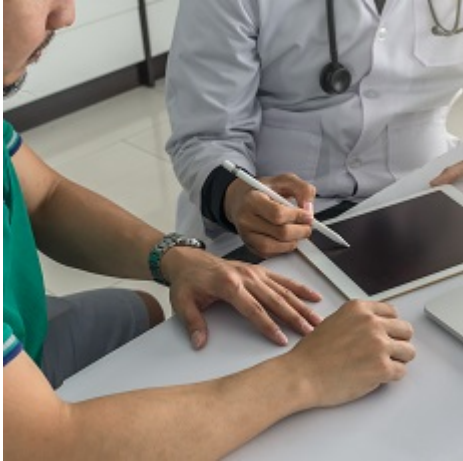
- **Choosing a Primary Health Care Provider (PCP): General Information for Young Women** [<https://youngwomenshealth.org/guides/choosing-a-doctor/>] (Boston Children's Hospital)

Older Adults

- Different Care Settings at the End of Life [<https://www.nia.nih.gov/health/end-life/different-care-settings-end-life>]
 (National Institute on Aging)
- How to Choose a Doctor You Can Talk to [<https://www.nia.nih.gov/health/medical-care-and-appointments/how-choose-doctor-you-can-talk>]
 (National Institute on Aging)

Patient Handouts

- Choosing a doctor and hospital for your cancer treatment [<https://medlineplus.gov/ency/patientinstructions/000928.htm>]
(Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000928.htm>]
- Choosing a primary care provider [<https://medlineplus.gov/ency/article/001939.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001939.htm>]



MEDICAL ENCYCLOPEDIA

- Choosing a doctor and hospital for your cancer treatment [<https://medlineplus.gov/ency/patientinstructions/000928.htm>]
- Choosing a primary care provider [<https://medlineplus.gov/ency/article/001939.htm>]
- Choosing the right health care provider for pregnancy and childbirth [<https://medlineplus.gov/ency/patientinstructions/000596.htm>]

Related Health Topics

- Health Facilities [<https://medlineplus.gov/healthfacilities.html>]
- Patient Safety [<https://medlineplus.gov/patientsafety.html>]

National Institutes of Health

- The primary NIH organization for research on *Choosing a Doctor or Health Care Service* is the National Institute on Aging [<https://www.nia.nih.gov/>]

Other Languages

- Find health information in languages other than English [<https://medlineplus.gov/languages/choosingadoctororhealthcareservice.html>] on *Choosing a Doctor or Health Care Service*

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The information on this site should not be used as a substitute for professional medical care or advice. Contact a health care provider if you have questions about your health.

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