Where can I find a primary care provider?

COLUMBIA HEALTH

Quick Reference Guide ▶

Quick – Where can I receive primary care?

Can I see a provider on campus?

How can I find a provider off-campus?

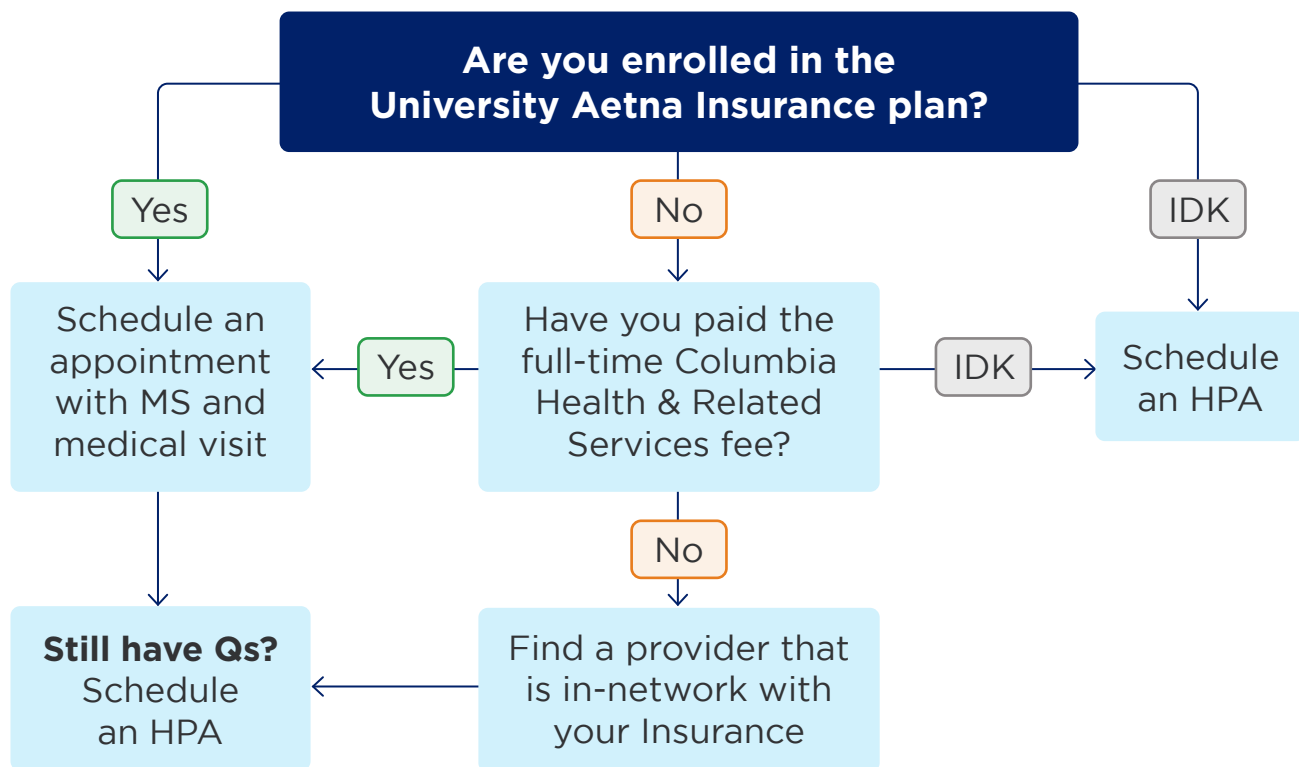**How do I see providers that are in-network with my insurance?**

I want to be seen by a provider that shares identities with me. Can I add search criteria?

Now that I've found a primary care provider I'm interested in, what do I do?

[Medical Services](#)

[Health Promotion Appointment](#)

Quick - Where can I receive primary care?

Are you enrolled in the University Aetna Insurance plan?

Yes → Schedule an appointment with MS and medical visit

No → Have you paid the full-time Columbia Health & Related Services fee?

IDK → Schedule an HPA

Have you paid the full-time Columbia Health & Related Services fee?
- **Yes** → Schedule an appointment with MS and medical visit
- **No** → Find a provider that is in-network with your Insurance
- **IDK** → Schedule an HPA

Schedule an appointment with MS and medical visit → **Still have Qs?** Schedule an HPA

Find a provider that is in-network with your Insurance → **Still have Qs?** Schedule an HPA

$ **If you've paid** the full-time Columbia Health & Related Services fee, schedule an appointment for primary care with Columbia Health's Medical Services.

🔍 **If you have not paid** the full-time fee, you will need to find an off-campus PCP.

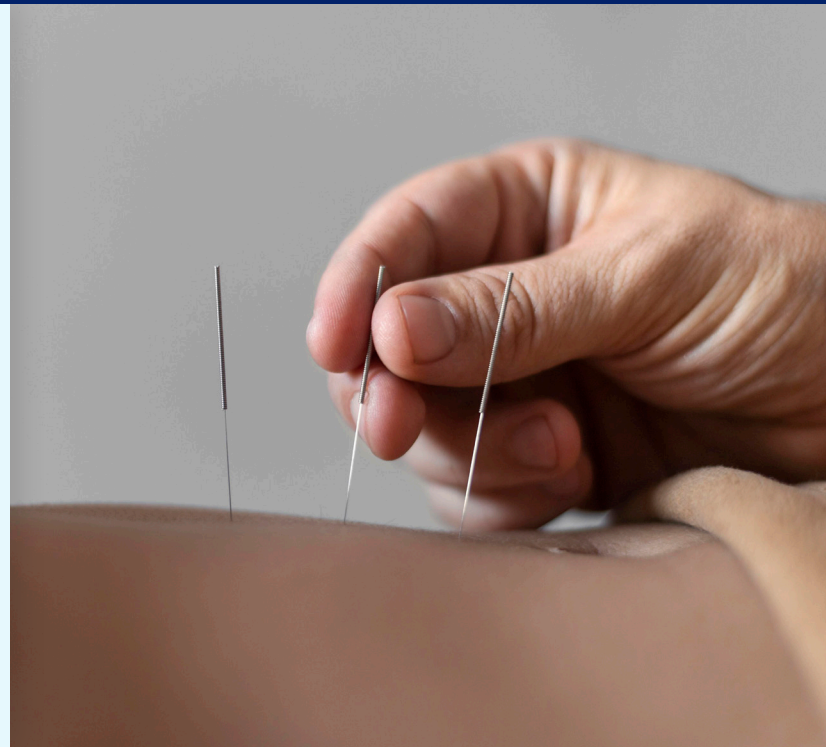For additional information, check out the guide on how to find a PCP.

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a **Any student can schedule a Health Promotion Appointment with Columbia Health's Alice! Health Promotion to discuss resources to support your health needs.**

Can I see a provider on campus?

If you've paid the full-time Columbia Health & Related Services fee, schedule an appointment with Columbia Health's Medical Services (MS). When you schedule your first appointment with Medical Services, the provider you schedule with will become your primary care provider. To switch to a different PCP, schedule an appointment with a different provider, or contact Medical Services.

Medical Services also provides:

- laboratory tests,
- vaccinations,
- acupuncture (through our partner).

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Alice! Health Promotion and Medical Services partner to offer sexual & reproductive health services.

How can I find a provider off-campus?

There are a few ways you can find an off-campus primary care provider (PCP):

> Consider asking your family, friends, co-workers, or even social media to get recommendations from those you trust.

> Look at the websites of any medical centers near where you live.

> Your insurance company likely has an online directory of providers through their website.

> Do an internet search for the PCP you need and click on the link that seems appropriate:

- You might try the New York State Provider & Health Plan lookup tool to see the directory managed by New York State.

- Medline Plus lists directories organized by medical associations.

🔍 **You can find a PCP through any of these methods. Before scheduling a visit, make sure that they accept your insurance plan!**

How do I see professionals that are in-network with my insurance?

To see if they are in-network with your insurance, you can check your insurance directory:

Log in to your insurance carrier patient portal. Then, you can use their directory to find professionals that are in-network. If you are unsure of how to access your patient portal, you can do an internet search for "*your insurance carrier* insurance provider directory." Upon searching, they will likely prompt you to log in to your account.

If you are unable to log into your account, your insurance company may also have a general list of professionals. For example, if you're on the Columbia Aetna insurance plan, you could search for "Aetna insurance provider directory" and then click the link that seems appropriate.

You can review a few examples of directories for reference:

[↗] BlueCross BlueShield Find a Doctor

[↗] Aetna Find a Doctor, Dentist, or Hospital
  - Aetna Directory for Student Health Insurance *(Use this link if on Columbia's Aetna insurance plan!)*

[↗] United Healthcare Find a Doctor, Dentist, or Provider

[↗] Medicare Find & Compare Providers

[↗] Medicaid is managed by each State. You can find Medicaid providers at FindTreatment.gov, or search on the internet for "*Your State* Medicaid provider directory" to see resources, like the NY State Provider look-up tool

I want to be seen by a professional that shares identities with me. Can I add search criteria?

Yes. Many insurance directories allow you to search for professionals based on different criteria (identities, specialty, cost, availability, etc.). Use the filters to find someone that you feel comfortable with. Remember: the more filters you add, the shorter the list of specialists will be!

Now that I've found Primary Care I'm interested in, what do I do?

The directories and medical websites you visited often have their contact information listed. Using that information, reach out to their offices and request an initial appointment.

This process takes time – you may need to reach out to several options before you find one who meets your needs!

See our guide on talking to Primary Care professionals for tips on questions to ask and things to think about before, during, and after an appointment.