

Questions **Primary Care** to ask your **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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