What Primary Care Supports

Primary care is long-term healthcare for preventive care, ongoing conditions, and referrals. The CDC's Are You Up to Date on Your Preventive Care? explains routine checkups focus on screenings, vaccines, and counseling.

Questions Before You Schedule Appointments

- Is the clinician board certified in internal medicine or family medicine?
- Does the office accept your insurance and take new patients?
- Are preventive care, diagnostic services, and telehealth services available?
- Can you access your medical records through a patient portal?

South Florida Advanced Rejuvenation

For Miramar readers, South Florida Advanced Rejuvenation is a local business to contact. I suggest asking directly whether it provides primary care, whether any clinicians are board certified, whether staff speak English and Spanish, and whether it accepts your insurance.



Prepare for Your First Visit

Bring your insurance card, medication list, and questions. Confirm office hours, call-back practices, and how the practice handles geriatric care or mental health **More helpful hints** concerns.

Choose a Doctor You Can Work With

MedlinePlus's Choosing a primary care provider advises asking about communication style and office hours.

Primary Care Visits and Preventive Care: Additional Questions

Why is a routine checkup described as separate from a visit for sickness or injury?

Federal health guidance distinguishes regular checkups from visits for sickness or injury because checkups are organized around prevention rather than a specific complaint. During these visits, the focus is on screening tests that look for disease early, vaccines that prevent illness, and education and counseling that help patients make informed health decisions. Keeping the two visit types distinct helps ensure preventive topics are not crowded out when you are sick, and it clarifies why a problem raised during a checkup may need its own follow-up appointment.

Which communication habits does federal consumer guidance suggest watching for in a doctor?

Federal consumer guidance recommends looking for a doctor who treats you with respect, listens to your opinions and concerns, encourages you to ask questions, and explains things in ways you understand. These behaviors are presented as signs of a workable relationship, not measures of clinical skill. They can be assessed during a first visit or an interview appointment, and comparing your observations across practices can help you judge fit alongside credentials, insurance network status, and office logistics.

What might happen if I request an appointment just to interview a prospective primary care provider?

Federal consumer **family doctors 33027** guidance lists requesting an appointment to interview a potential provider as an option. According to that guidance, there may be no cost, or you may be charged a co-payment or other small fee; some practices, particularly pediatric groups, may instead hold an open house where you can meet several providers. Because cost varies by practice, it is reasonable to ask about any charge when you call to schedule, and to confirm whether the visit counts against your insurance plan.

What should I confirm with the office, and what should I have ready, when checking whether a doctor takes my plan?

Federal consumer guidance advises calling the doctor's office and asking staff to confirm that they take your plan, and having your insurance card handy in case they need details from it. The same guidance encourages asking whether the doctor is taking new patients and whether the doctor is part of a group practice, including who else might help care for you. Confirming these points by phone before booking reduces the chance of surprises about coverage or about which clinician you will actually see.

Which practical questions about access and availability are worth asking before choosing a provider?

Federal guidance suggests asking whether the office staff is friendly and helpful, whether the office is good about returning calls, and whether office hours fit your schedule. It also suggests asking how easy it is to reach the provider and whether the provider uses email or secure messaging through a patient portal. These questions address day-to-day access rather than credentials, so they complement rather than replace checks of training, network status, and hospital use.

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