

HOW TO FIND A GOOD PRACTITIONER

STEP 1: IDENTIFY THE QUALITIES MOST IMPORTANT TO YOU

What type of practitioner are you seeking (physician, therapist, acupuncturist, etc)?

What type of credentials or certification do you require? _____

Indicate how important each of the following qualities are, on a scale from 1-10, 10 being extremely important:

- | | |
|---|---|
| <input type="checkbox"/> In-Network | <input type="checkbox"/> Open to Complementary/Alternative Therapies |
| <input type="checkbox"/> New Patients get in quickly | <input type="checkbox"/> Conventional Medical Approach |
| <input type="checkbox"/> Out-of-pocket expenses are low | <input type="checkbox"/> Reluctant to prescribe Medications/encouraging of weaning off medications |
| <input type="checkbox"/> Within certain geographic range: _____ mi. | <input type="checkbox"/> Knowledgeable about nutrition, supplements, and/or complementary therapies |
| <input type="checkbox"/> Stays on schedule, rarely late | |
| <input type="checkbox"/> Spends lots of time with patients | |
| <input type="checkbox"/> Skilled at managing difficult kids | |
| <input type="checkbox"/> Friendly/Empathetic | |
| <input type="checkbox"/> Knowledgeable about specific condition or concern: _____ | |
| <input type="checkbox"/> Special Skills: _____ | |
| <input type="checkbox"/> Other: _____ | |

STEP 2: ASK FOR RECOMMENDATIONS FROM YOUR COMMUNITY

Does anyone in the Health Coach's practitioner database meet the client's needs?

What other individuals, organizations, or groups in the area might be good resources for finding a practitioner? This might include physicians, teachers, school officials, therapists, other families, church members, support groups, and online communities. Write down whom you will approach for recommendations.

When someone makes a recommendation, what questions will you ask to determine whether the practitioner likely meets your criteria? For example, if another parent recommends a pediatrician, you might ask "Does this doctor go out of her way to make your child feel comfortable during appointments?" Write down the questions that you will ask recommenders, reflecting what is most important to you.

STEP 3: CHECK WITH YOUR INSURANCE COMPANY TO VERIFY COVERAGE AND LIMITATIONS

STEP 4: INTERVIEW THE PRACTITIONER

Some practitioners might offer a free introductory session or interview, which is a great opportunity to ask all the questions you like. Others may not, and in this case you can either ask questions when calling to make the appointment, at the initial visit, or both. Many physicians do not offer interviews, but they still work for you . . . ask all the questions you like at your first appointment, and if the answers do not put you at ease or reinforce that this physician is a good fit for your family, do not hesitate to try another practitioner. Below are some examples of questions you may want to ask; it is a good idea to write down your own questions and bring them with you!

What is your experience with my particular concern?

Is there anything that you always prescribe to patients in my situation?

*Do you recommend dietary modifications or supplementation? If so, what kind of recommendations do you make?
Do you recommend against certain supplements? Are you willing to work with me in trying elimination diets?*

Are you open to complementary, alternative, and holistic practices?

What is your approach to the use of antibiotics?

Are you open to the use of nontraditional laboratory testing, for example, food sensitivity testing or stool cultures?

Do you enjoy working with patients who also use a health coach or other holistic practitioner?

Are you open to collaborating with other practitioners?