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Want a Healthcare Provider That Focuses on You?

Now's the perfect time to reevaluate your primary care provider. Here's what to know
by **Oak Street Health (Paid Content)**

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Many people have that one doctor they've been seeing for years for annual physicals, illnesses, and other medical issues. Sure, those visits can come with hassles – like struggling to book an appointment, long wait times, and rushed exams. For most people, however, the thought of finding a truly preventive, patient-oriented care, you need a doctor who knows, understands, and actively looks out for you. Good news for AARP members: Oak Street Health has been chosen as a trusted primary care provider by AARP because of its dedication to high-quality healthcare for all Medicare patients.

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Ask yourself these questions about your current healthcare provider to make sure you're getting the best care.

- 1. Are appointments timely and easy to book?**
It can be difficult enough to get your doctor on the phone three days. It can be even more frustrating that when you do, you often can't book an office appointment for another three months. Once you're finally in the office, you could wait over an hour in the waiting room for the receptionist to call your name and take you back to the exam room. Unfortunately, many offices sacrifice time with patients to squeeze in as many appointments as possible. You deserve a doctor who values your time as much as their own.
- 2. Do your healthcare providers answer your questions and address your concerns?**
When the doctor finally comes in, they may often seem overly focused on taking notes and updating digital records. They barely look up at you or ask follow-up questions while doing the required checks. In fact, it seems like they're halfway out the door before you can ask some of the lingering questions you have on your mind. Being treated as a box to check and not a person is dehumanizing. More than that, it may be a hazard to your health when you're not given enough time to discuss openly health issues with your provider.

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- 3. Does your primary care doctor truly manage your healthcare needs?**
You may not have time to call dozens of doctors' offices every time you have a slightly different medical issue. You should be able to find one provider that meets your needs, has availability, and is close enough to make the trip reasonable. After all, shouldn't a primary care provider do just that – provide primary care and manage all your healthcare needs?
- 4. Do they focus on preventive health measures for wellness and longevity?**
Traditional healthcare has become reactive – treating symptoms rather than root causes and prescribing cures rather than prevention. Your primary care doctor should understand your personal needs and lifestyle to create a solid preventive healthcare plan. You can start many healthy habits today to help prevent chronic illness and injury. Your doctor should be like a coach, guiding you toward the goal of a long, healthy life.

If you answered "no" to any of these questions, it might be time to consider switching doctors. If you have reluctantly accepted being on hold for hours, having appointments that take less time than it took you to get them, or spending hours after your appointment searching for answers to your questions on the Internet, you should know there's a better way to get the high-quality, patient-first care you deserve.

Oak Street Health understands one size does not fit all. Their team is experienced in providing personalized primary care for older adults. Instead of rushing you through an appointment, doctors and providers take the time to listen and understand your needs so they can develop a personalized healthcare plan just for you. Plus, you don't have to worry about transferring your records and medical history. Oak Street Health offers a concierge experience that handles everything so you can focus on doing what you love.

Click here to learn more about why Oak Street Health is the only primary care provider to carry the AARP name.

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