

# HOW TO SEE A SPECIALIST



You can visit a specialist if you need expert care for a specific type of problem. Specialists are surgeons, heart doctors, allergy doctors, skin doctors, and other doctors who work in one area of health care.

Most specialists will ask you for a referral from your primary care provider (PCP) before you make an appointment.

## How to Make an Appointment

The steps below outline the steps you might need to get a specialist appointment. Your PCP office might have different steps. Contact your PCP office for specific details on Specialty Referrals in your health care network.



### TALK TO YOUR PCP

1

- Visit your PCP to talk about your health needs and ask to see a specialist
- Your PCP will help you decide which specialist to see. The specialist you see may depend on your health needs, insurance, and when the specialist can see you.

2

### PCP SENDS REFERRAL

- Your PCP will send your referral to the specialist by letter or fax

3

### SPECIALIST REVIEWS REFERRAL

- Before you can make an appointment, your referral must be reviewed by the specialist
- The referral gives you approval to see the specialist

4

### SCHEDULE YOUR APPOINTMENT

- Once your referral is reviewed, you will get details on how to make your appointment
- For specialist care that is not urgent, you should get an appointment within 15 business days
- If you do not get appointment details for the specialist, talk to your PCP office for help

5

### CONTACT YOUR PCP

- Your specialist and PCP should work together to give you the best care
- Contact your PCP after seeing the specialist to talk about the next steps in your health care