

# Learn How to Find the Right OB/GYN for You

Your OB/GYN is the doctor who specializes in female reproductive health. For women, it is important to complete a yearly wellness exam with an OB/GYN. You also need a yearly full-body exam with a primary care provider (PCP).

## Choosing an OB/GYN You Trust is Important.

Having an OB/GYN you trust will help you stay healthy. This doctor can help you with regular screenings and any concerns or questions about your health. Depending on your age, you may need to see your OB/GYN for several reasons.

### OB/GYNs can help with:

- Yearly wellness exam
- Pap smear
- Breast exam
- Cancer prevention
- Managing your period
- Birth control
- Sexually transmitted infections (STs)
- Certain vaccinations
- Polycystic ovary syndrome (PCOS)
- Pregnancy or getting pregnant
- Other questions or concerns

## Where to Look for an OB/GYN.

One way to find a new doctor is through your health plan. This will help you make sure the OB/GYN you choose is in your network and is a certified clinician. Ask friends or neighbors you trust to recommend their healthcare providers. You can also ask your PCP to recommend someone.

If you have a specific concern, make sure you look for a doctor who can help you manage your health. This includes current conditions or a family history of ovarian, cervical, or breast cancer. You should think about what is most important to you when choosing a new doctor.

## What to Ask Yourself when Looking for an OB/GYN.

- What are the office hours?
- How does the office handle after-hours health concerns?
- Is it easier for you to go to an office close to home or close to work?
- Does the doctor admit to a hospital that is included in your health plan's network?
- Who covers for them if they are out?

## Meet and Greet.

Meet with the doctor you are interested in to get to know them. This will let you find out more about them and the office. Taking this step helps make sure the OB/GYN you choose is right for you.

