

# Moving Checklist

## **BEFORE YOU LEAVE YOUR OLD DOCTOR:**

- Check with your new insurance to see what doctors are in your new network. Ask around to see if anyone you know has seen any of the doctors on the list.
- Get an appointment with a new doctor before officially leaving the old
- Schedule one last visit with the doctor you are leaving and get a status report on current and recurring health conditions
- Ask for copies of medical records that relate to problems you may have had in the last 5-6 years

## **WITH YOUR NEW DOCTOR:**

- If possible, schedule an appointment to get to know that doctor (especially if primary care) so that the first time you meet them is not when you are sick or injured
- Make copies of your medical records for the new doctor
- Write down a list of questions for the new doctor