

Arizona Resources & Referral Organizations

Area Agency on Aging

1366 East Thomas Road, Suite 108

Phoenix, AZ 85014

(602) 264-2255/(888) 783-7500 - toll free

TTY/TDD (602) 241-6110

answers@aaaphx.org

Arizona Aging and Adult Administration

Department of Economic Security

Aging and Adult Administration

1789 W. Jefferson, Site Code 950A

Phoenix, Arizona 85007

(602) 542-4446

Askdsaaa@mail.de.state.az.us

Arizona Medical Association

810 W. Bethany Home Road

Phoenix, Arizona 85013

(602) 246-8901/(800) 482-3480 (toll free)

Website: www.azmedasn.org

Maricopa County Medical Society (MCMS)

MCMS Referral Line: (602) 252-2844

Pima Council on Aging

8467 E. Broadway

Tucson, AZ 85710

Phone: 520-790-7262

Pima County Medical Society

5199 East Farness Drive

Tucson, Arizona 85712

(520) 795-7985

Website: www.pimamedicalsociety.org

Arizona Medical Board

9545 East Doubletree Ranch Road

Scottsdale, Arizona 85258

Phone: (480) 551-2700

Toll-Free: (877) 255-2212

Fax: (480) 551-2704

E-mail: questions@azmd.gov

Website: www.azmd.gov

Older Arizonans: A Guide
To Choosing A Doctor



Arizona Medical Board

Finding good medical care can be difficult at any age, but for older people this task may be even tougher. Yet, it is important to have a primary care doctor who knows you and all of your health problems. Even if you see other doctors for certain health conditions, for example, a heart specialist (cardiologist) for heart disease, your primary care doctor needs to work with those specialists and coordinate all of your health care.

Establishing trust and a good doctor-patient relationship requires honesty and open communication. When faced with the possibility of having to transfer to a new doctor, many people realize they know very little about where to look for a doctor and what questions to ask the doctor treating them.

What questions to ask your doctor? You may want to make an appointment just to talk to the doctor before deciding on a final choice. Make sure that he or she knows that you are trying to decide on a doctor. You likely will be charged for such a visit; your insurance company may not pay for it. Make a list of questions you want to ask the doctor. For example:

- What age groups make up most of your practice?
- How do you manage patients with lots of health problems? Do you usually treat everything, do you refer patients, or are there some problems older people have to live with?

- What do you think are the most important preventative care issues for older adults? How do you manage them?

- What's the best way for me to prepare for an office visit with you? For example, should I bring my questions in writing?

- Would you provide your instructions in writing for me?

- May I bring a family member (spouse, daughter or son) to my office visits with you? If I give you permission, are you comfortable talking with my family about my condition?

- Do you see many patients with the same chronic health problem that I have (for example, diabetes)?

The Arizona Medical Board can help. The Board can provide you with valuable information such as the doctor's education and training. The Board will also be able to tell you if the doctor had any disciplinary or non-disciplinary actions taken against his or her license. There are three excellent ways to contact the Board:

1. Call the Board's main phone number at (480) 551-2700. The customer service representative can give the doctor's profile to you over the phone. Due to the number of calls received daily, however, the customer service representative may limit you to two doctor profiles per call.

2. Visit the Board's website at www.azmboard.org. The easy-to-use format makes finding a doctor simple. You can look at as many doctor profiles as you want at no charge. The information on the website is exactly the same as the information provided when you call the Board.

3. Write to the Board and ask for the physician's public file to be mailed to you. You will be charged for the cost of the copies. The Board will invoice you with the cost and payment must be received before the copies can be sent.

The Arizona Medical Board can only provide information about a doctor's education, training and license standing. The Board cannot tell you what insurance plans the doctor accepts, what the doctor's hours are, and whether the doctor is accepting new patients. Additionally, the Board cannot provide you with a referral to a specific physician.



Now Hear This!
For tips on how
to talk with your doctor
Call
1-800-222-2225
FREE BOOKLET
National Institute on Aging
National Institutes of Health

