

Choosing a doctor

Rewarding doctor-patient relationships doesn't just happen overnight. They're built on trust—a trust that may translate into better communication, emotional support, more accurate diagnoses and potentially lifesaving treatments. How, though, do you find that doctor?

Why do you need a primary care provider?

Some health plans require you to select a primary care provider (PCP), or sometimes called a primary care physician or doctor. Although some plans may not require you to choose a PCP, it's a good idea to have one.

Your PCP can guide you through your care and build an in-depth knowledge of your health over time. When your doctor becomes familiar with your medical history, your habits and your personality, they are likely better positioned to guide you on the best path of care, monitor even the slightest changes in your health, and recognize red flags before they become serious issues.

[Sign in to your member account](#) to view a list of providers for UnitedHealthcare plans. You can also browse a provider list and [find a doctor](#) without signing in — but remember to check your specific health plan provider network before making your choice. For UDM it is **Choice Plus Plans**.

Click here to use the [Find a Provider](#) tool.