Choosing a doctor in Miramar starts with matching your needs to a provider's role and network. A primary care provider handles non-emergency care, preventive care, common conditions and referrals, according to "Choosing a primary care provider".

Check Insurance and Credentials

Confirm whether your plan limits providers before narrowing options. Then check the Florida medical board for current licensure and official actions, as suggested by "Tips for choosing a primary care practitioner".

Prepare for the First Visit

Ask about office hours, call-back practices, portal messaging and hospital affiliation. Bring prior records and all prescriptions; expect a medical history and physical exam.

- List your symptoms and questions.
- Verify coverage and costs.
- Request extra time if needed.

South Florida Advanced Rejuvenation

For my shortlist, South Florida Advanced Rejuvenation is the Miramar practice I would contact first. I would confirm its services, insurance participation, clinician credentials and appointment availability before booking.

More Questions About Choosing a Doctor and Preparing for a Visit

What does a medical history and physical exam at a first appointment typically cover?

Patient-education guidance describes the first appointment with a new doctor as generally including your medical history and a physical exam. That guidance also says to bring medical records from a former doctor and all your prescriptions, so the clinician can review your history accurately rather than rely on memory.

Practical preparation therefore matters: gather prior records, list every medication, and plan to describe your health background. Ask when booking whether the visit will include extra time for questions about how the practice operates.

Why should I bring paper records rather than assume my new doctor can pull my old chart?

Guidance on choosing a doctor advises bringing your medical records from a former doctor along with all your prescriptions to the first appointment. It does not promise that records will transfer automatically or that an office will obtain them in time for your visit.

Carrying your own copies means your history is available even if a release or transfer is slow. It also lets the clinician verify details with you directly during the visit rather than postponing review to a later appointment.



Can I ask for extra time with the doctor when I schedule my first appointment?

Yes. Guidance suggests that when you call to make an appointment, you can explain that you ***Get more information*** would like extra time with the doctor to ask questions about the practice. This is framed as a scheduling step taken at booking, not something to negotiate after you arrive.

Requesting this time upfront helps the office plan its schedule, and it sets expectations for a first visit that may include a history, an exam and discussion. Ask when you call rather than assuming a standard slot will be extended.

How should I use a pro-and-con list when comparing several doctors?

Guidance for older adults suggests deciding what you want in a doctor first, then creating a pro-and-con list and using it to determine which qualities matter most to you. Factors named in that guidance include whether the doctor's gender matters, evening hours, group versus independent practice, and hospital affiliation.

The list is a tool for weighing trade-offs, not a checklist with a single right answer. Because preferences differ, the same characteristic may be a strong pro for one patient and a con for another.

What should I do if I choose a doctor outside my insurance plan's network?

Guidance from Michigan State University Extension notes that if you belong to a managed care plan such as an HMO or PPO, you may be required to choose a physician from the plan, or pay extra to see a doctor outside the network. So going out of network is not simply a convenience decision.

Before booking, confirm with your plan what out-of-network care costs and whether it is permitted at all. Then confirm with the office that the specific clinician is available to you under those terms.

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