

Steps to Evaluate Provider Fit: Checklist

- List what you need. Chronic conditions, sensitivity patterns, frequency of labs, openness to discussing context such as stress, hydration, or nervous system patterns.
- Check logistics. Insurance, location, office hours, lab access, referral networks.
- Schedule a visit. Not for treatment but for evaluation. Think of it as a get to know visit.
- Observe communication style. Do they listen. Do they ask questions. Do they use plain language. Do they treat history as data instead of drama.
- Test with a small issue first. Bring one documented pattern or lab value and see how they respond.
- Evaluate follow up. Do they send complete visit notes. Do they order and interpret labs carefully. Do they coordinate specialists if needed.
- Decide if the relationship feels safe and respectful. You want a partnership. Not a hierarchy. Someone who checks in even when things are messy.
- If it does not work, keep searching. You are allowed to walk away from a provider who does not meet your needs.
- Why This Matters: Especially for People Like You
- When symptoms are multi system, inconsistent, and influenced by stress, hydration, diet, and autonomic state, you need a provider who treats your history as a system, not a symptom list.

A good fit does not guarantee a perfect diagnosis. But it gives you the best chance for stability. Someone who watches labs, tracks patterns, coordinates specialists, and responds to what actually shows up.

That stability makes a real difference when your body is complex and your story is long.