

Healthcare providers  
in Athens, OH  
updated 1/23/25

How to get good  
healthcare providers



## Why to Fire Your Doctor

A good doctor should: be attentive, enthusiastic, believe you, help you navigate obtuse bureaucracy, be an advocate for you, and listen to your requests for boundaries and accommodations.

A good doctor should NOT: make you feel like your struggles are unimportant, ignorable, inconvenient to them, or made up. They should not body shame you, consistently misgender you, guilt you in any capacity, or blame all of your problems on something unrelated ("Have you tried losing weight").

If you feel like every visit to the doctor is a fight to get what you need rather than a collaborative effort to improve your health, FIRE THEM

Yeeeeeeeer outta here!

## How to Fire Your Doctor

This doesn't need to be a confrontation, you can just cancel any future visits and fill out a Release of Information form for your new doctor so they are updated.

If you're at an appointment, you can go to the checkout desk afterwards and say you would like to schedule with a different doctor\*.

\*Some offices have policies of not allowing you to change providers you have a complaint with. Make an informed decision if you want to just ask for a different doctor as a "better fit" or if you want to actually storm out and file a complaint.

How to Get a New Therapist/Psychiatrist  
- PsychologyToday.com - You can search by insurance, specialty, methods, and many other factors  
- Ask your friends!

If you don't have any recommendations to go off, there can be some trial and error, in the next section we will cover how to interrogate a new doctor so you're not wasting your time before you fire them too.

## How to Interrogate a New Doctor

- What is your experience treating [my condition]?  
- What is your experience working with [my marginalized identity]?  
- I need [accommodation], will you do that?

- In the past, I had a doctor who did [bad behavior], and I am not longer seeing them because of it.  
- I do best when my doctor communicates clearly, believes and advocates for me, and respects my boundaries. Will you do that?  
For surgeons -  
- How many [procedure names] have you performed?  
- How long have you been in independent practice?  
- Can I talk to any past patients?  
- (If aesthetic surgery) - Can I see before/after examples of your work?

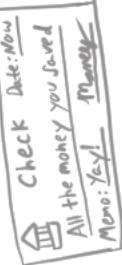
## I hope this zine was helpful!

If you have recommendations of changes & you know me, please reach out!

Otherwise, don't settle for people who don't treat you well

If you're looking for further ways to get involved in the community, join Food Not Bombs Athens, United Athens County Tenants, or unionize your workplace.

You got this!



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### Financial Aid

Many hospital systems have a program called "charity care" or financial assistance that can lessen or eliminate your medical bills. You should apply, it literally pays to try! These can also apply retroactively to recent bills!

OhioHealth -  
<https://www.ohiohealth.com/patients-and-visitors/paying-for-your-care/financial-assistance>

Holzer - <https://www.holzer.org/patients-visitors/billing-insurance-pricing/holzer-financial-assistance-department/>  
Memorial Health -  
<https://www.mhsystem.org/patients-visitors/billing-and-financial-assistance/>



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### Doctor Recommendations in Athens

Primary Care  
Dr. Sarah Cremeans - OhioHealth  
Dr. Jane Balbo - OhioHealth  
Dr. Katherine Able-Perkins - OhioHealth  
Dr. Katherine Kropf - OhioHealth  
Dr. Lauren Kirby - OhioHealth  
Casey Wyard - Holzer

Dentist  
Athens Dental Arts  
OB/GYN  
Dr. Lucy Bucher - OhioHealth  
Dr. Brian Torski - Holzer

Therapy  
Dr. Kristyn Neckles -  
<https://www.resilienceinbecoming.com/>  
Emily Singer - Albany Counseling Services  
Rachel Siegel & Siegel Transformations - Rock Riffle Wellness  
Mosh Trout - Rock Riffle Wellness



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### Why to Fire Your Doctor

