

How to get good
healthcare providers
in Athens, OH

Fire Your Doctor

Zine by Red

You got this!

County Tenants, or unionize
your workplace.

Bombs Athens, United Athens

community, join Food Not

If you're looking for further ways
to get involved in the

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

please reach out!

If you have recommendations
of changes & you know me,

I hope this zine was helpful!

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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

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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.

Yeeeeeetleer outta here!

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Financial Aid

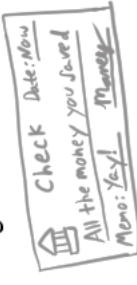
retroactively to recent bills!

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

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/patient-visitors/billing-and-financial-assistance/>



How to Get a New Doctor

- Ask your friends who they like
- Ask to schedule with a different
doctor in the same department.
- Look at equivalent departments in a
different hospital system

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.

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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 Ward - Holzer

Dentist
Athens Dental Arts

OB/GYN
Dr. Lucy Bucher - OhioHealth

GI
Dr. Brian Torski - Holzer

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

Pharmacy
Rising Suns Pharmacy - Sliding Scale

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?

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