Make us your primary care provider while at college

Northern Light Primary Care, University of Maine strongly advises students to select an on-campus Primary Care Provider (PCP) before arriving to attend classes at UMaine. Many health insurance plans support a PCP change while away from home. We encourage you to review your health plan’s out-of-network benefits prior to arrival in the fall.

Why switch?
- **Continuity of care.** Students are on campus for nine or more months each year.
- **Referring for specialty care.** Your PCP coordinates referrals if you need specialty care. Through Northern Light Primary Care, University of Maine’s partnership with Northern Light Eastern Maine Medical Center, you can be referred to a local specialist quickly. We even share the same Electronic Medical Record (EMR) system.
- **Lower out-of-pocket costs.** Local PCPs mean you will likely need to cover a small co-pay for any care you receive instead of obtaining a referral for each visit or deal with the inconvenience of insurance denials.

Our on-campus team

Sarah Stewart, DO
Northern Light Primary Care, University of Maine, 5721 Long Rd., Orono, ME 04469

Sean Sibley, FNP

Sarah Somers, FNP

How do I make the switch?
Contact your insurance company, tell them you have a new PCP, provide this information:

Sarah Stewart, DO
Northern Light Primary Care, University of Maine, 5721 Long Rd., Orono, ME 04469

Contact us to:
- Notify us of this change
- Complete a Medical Records Release form so we can obtain your records
- Provide us with insurance information
- Ask questions and learn about services

We look forward to seeing you soon and ensuring good health while at UMaine!

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Online at: northernlighthealth.org/EMMCUMaine