



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







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

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