

## 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



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!

5721 Long Road, Orono • 207.581.4000 • [Primarycareumaine@northernlight.org](mailto:Primarycareumaine@northernlight.org)  
Online at: [northernlighthealth.org/EMMCUMaine](http://northernlighthealth.org/EMMCUMaine)