

# Northern Light Primary Care, Cutler Health Center at the University of Maine

## Make us your primary care provider (PCP) while at college...

Northern Light Cutler Health Center 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, and we encourage you to review your health plan's out-of-network benefits prior to the student's arrival in the fall.

### Why switch to a Cutler Health Center provider?

- **Continuity of Care** – Students are on campus for nine or more months out of the year.
- **Referring for specialty care** – Your PCP coordinates referrals if you need specialty care. Through Cutler Health Center's partnership with Northern Light Eastern Maine Medical Center, you can be referred to a local specialist with a quick turnaround time. We even share the same Electronic Medical Record (EMR) system.
- **Lower out-of-pocket costs** – With a local PCP, you will most likely just need to cover a small co-pay for any care you receive rather than obtaining a referral for each visit or deal with the inconvenience of insurance denials.

### How do I make the switch?

Contact your insurance company and tell them you have a new PCP and provide this information:

**Sarah Stewart, DO**  
Northern Light Primary Care, Cutler Health Center  
University of Maine, Orono

### Contact us to:

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

We look forward to seeing you soon and ensuring your good health while studying at the University of Maine!



 **Northern Light**<sup>SM</sup>  
Eastern Maine Medical Center

Learn more:  
[umaine.edu/cutler](http://umaine.edu/cutler)