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!