

**MINNEAPOLIS  
COLLEGE of ART and DESIGN**

**How to Make Medical Appointments**

Making a doctor or medical appointment can be daunting. There is help! Here are some tips to make an appointment with a medical provider.

- Use your insurance provider as a resource. Call the number on the back of your insurance card or access the provider online. A customer service person will be able to give you contact information for clinics near you that are accepting patients.
- If you have support people or parents that can help, ask that they help you navigate finding care.
- If you are on the MCAD insurance plan, stop by Student Affairs and we can help you find the care you need. The resources you need will be found on [this website](#).
- When you are not able to find care using your insurance or a support person, stop by Student Affairs and we can help you find resources to help you.

**Understanding Health Insurance**

Knowing what is or is not covered by your insurance can be confusing. Each plan is unique so talking it through with someone who understands it is best.

- The best way to understand what your insurance covers is to contact them directly.
- If you are under a family policy, talk with your family about what is or is not covered through the insurance policy.
- If you are on the MCAD insurance policy, you can find some great information on [this website](#).
- For additional help with the MCAD policy, stop by Student Affairs for assistance.

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