FIND A LOCAL PROVIDER

Get help from PAL

Ask PAL a question, or have PAL write a post for you.

For: Professionals and practice owners

Approved guide | Revision 2 | Reviewed 2026-11-14

Next review: 2027-02-05

Why it may help

Use the free tools at your own pace, with control over your information.

Before you begin

A free personal account is all you need. You can edit your own profile straight away; a practice is edited once you have confirmed it is yours.

Choose your task > Follow steps > Check status

Step by step

1. Ask PAL: choose the Ask PAL button at the bottom of your dashboard, practice, website or account page and type your question. PAL answers from how the directory works today.

2. If PAL is not sure it says so and gives you the support email. PAL does not give medical advice and never needs your password.

3. Write with PAL: open Write with PAL from My Dashboard and say what you would like written, for example a holiday message. PAL drafts it in your voice.

4. Edit the draft, tick that it is accurate and yours, then choose Post to my profile, or Copy the text to use it anywhere else.

5. PAL checks a post when you publish it. If it will not post something it tells you why, so you can change the words. You can remove a post at any time.

6. For Facebook: choose Facebook version under a draft. PAL writes a shorter version with hashtags; copy it, open Facebook and paste it. Nothing is sent to Facebook for you.

7. Plan a week of posts: give PAL a theme and choose 3, 5 or 7 posts. PAL drafts each one. Edit them, set the dates, tick that they are accurate and yours, and choose Schedule these posts. Each appears on your profile and website on the morning of its date (Eastern time). Cancel a waiting post at any time.

What to expect

What you enter is saved for you, and each tool shows whether it is public. Reading this guide changes nothing.

If something is not working

Do not enter patient details or passwords. PAL allows 30 drafts, 10 posts and 30 questions a day for each account, and up to 14 scheduled posts waiting for each profile.

Open the tools

Open this task

https://findalocalprovider.com/write-with-pal

Read the current online guide

https://findalocalprovider.com/help/pal

Related guide: website

https://findalocalprovider.com/help/website

Related guide: privacy

https://findalocalprovider.com/help/privacy