

# THE VALUE OF A PRIMARY CARE PROVIDER

## A PCP is Your Partner in Good Health

Primary care providers (PCPs) focus on managing your overall health and wellness, and they are typically your first point of contact for healthcare needs. They can help with illness and injury, but perhaps their most important role is helping you to stay well and identify concerns BEFORE you develop chronic healthcare issues.

27

Age at which health starts to decline<sup>1</sup>

6 out of 10

Adults in the U.S. with a chronic disease<sup>2</sup>

4 out of 10

Adults with 2 or more chronic diseases<sup>2</sup>



## THE ROLE OF A PCP

A PCP can handle almost all of a your medical needs, and, because they see you most often, they get to know your health and history, including previous illness, family history, your reactions to medicines, your lifestyle, and your health challenges. They personalize your care while considering your health risks and preferences.



## Types of Primary Care Providers

- Internists
- Family Practitioners
- Pediatricians
- Obstetricians/Gynecologists\*
- Nurse Practitioners & Physician Assistants

\*Not all carriers classify these specialties as primary care. Check with your insurance provider.

## THINGS TO CONSIDER BEFORE CHOOSING A PCP

**Good communication is vital to the doctor-patient partnership.** Talking about your health can sometimes be uncomfortable and embarrassing, but it's essential. The more your doctor knows about you, the better they are able to look out for your health. **You'll want to consider several things when you select the right provider for you.**

Gender

Who do you feel most comfortable with, a male or female provider?

Language and culture

Find someone who speaks your language and who is sensitive to your cultural and religious needs and preferences.

Location

What's most convenient for you — near work, home or perhaps school?

Online convenience

If you want to access your records, refill prescriptions, and email your doctor online, find out if they have a patient portal.

Video or phone appointments

If in-person visits aren't possible, ask about virtual appointments.

Flexible appointment scheduling

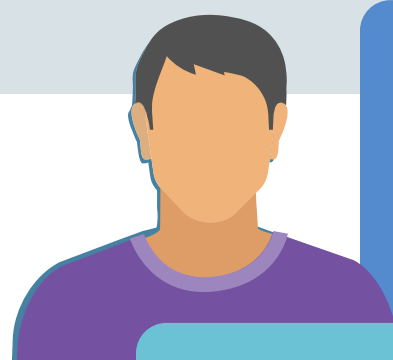
If you can't get to the doctor during regular work hours, be sure they have after-hours support or services.

Hospital affiliation

If you prefer a particular hospital, make sure your doctor has privileges there.

Insurance programs accepted

What plans are accepted by the provider's office?



Before choosing or switching doctors, consider calling the doctor's office to learn about what they offer. You can see what it's like to work with the support staff.

Ready to Choose?

El Camino Health partners with El Camino Health Medical Network to give patients access to all the specialists, hospitals and clinics, latest treatments and other services that you and your family will need to stay well and manage times of illness. **Let us help you find a primary care doctor.**

Visit [elcaminohealth.org](http://elcaminohealth.org) and use our **Find a Doctor tool**

Call **1-800-216-5556** for a physician referral



<sup>1</sup>Source: [bcbs.com/the-health-of-america/reports/the-health-of-millennials](http://bcbs.com/the-health-of-america/reports/the-health-of-millennials)

<sup>2</sup>Source: [cdc.gov/chronicdisease/resources/infographic/chronic-diseases.htm](http://cdc.gov/chronicdisease/resources/infographic/chronic-diseases.htm)