Importance of Selecting a
PRIMARY CARE PROVIDER

A recent study showed that adults who have a relationship with a primary care provider (PCP) have better health care access and experience, and receive more high-value care.

Advantages of Having a PCP Relationship

Familiarity

- A primary care provider knows the details of your overall ongoing health and wellness

Prevention and condition management

- PCPs will provide necessary screening for major health conditions and administer immunizations
- PCPs can help manage chronic conditions that you may already have, such as diabetes, and refer to specialists when necessary
- PCPs can help monitor for drug interactions when you are on medications for different types of conditions
- Your PCP can help you develop an overall health plan and identify goals

Acute Illness and Injury Treatment

- PCPs can treat conditions such as UTIs, asthma attacks, and many types of infections
- Tests and labs can be performed to determine if additional specialist care is needed
- Injuries such as sprains and wound care can be addressed
- PCPs can also connect you with mental health resources

Finding a Provider

Visit **www.ibx.com** and choose the **"Find a Doctor"** option at the top of the screen and enter your location. For the Philadelphia area select **"Personal Choice PPO"**. For all other locations select **"National BlueCard PPO"**.

What kind of providers are PCPs and how should you choose a PCP team?

- A PCP can be a M.D. or D.O. who is trained to treat a wide array of illnesses and injuries. They can practice in a variety of setting such as private practices, clinics, or hospitals.

- Primary care providers often work in teams made up of other professionals such as medical assistants, nurses, pharmacists and social workers. Consider the kind of resources the team has and how it can match up with your current health needs.

- You should check to see that your PCP participates with your insurance carrier's network.