

Choosing the primary care physician that's right for you is the key to helping you stay healthier.

The relationship you have with your primary care physician (PCP) is an important part of your health care experience. After all, your PCP will get to know you and your current health status. If you need to see other medical specialists or health care providers, your PCP can help coordinate treatments to ensure that you receive the right care, at the right time, in the right place.

Do your homework.

Before choosing a PCP, ask yourself:

- Does this doctor practice at the hospital of your choice?
- If you call with a question, how soon does he or she return your call?
- Do you need a doctor with extended, evening or special office hours?
- Do you need someone who speaks your language?
- Do you prefer a male or female doctor?

How to play a more active role in your health.

- Routine age-appropriate health screenings (for cholesterol, blood pressure or any other conditions you may be at risk of developing) can help you catch problems early—before they become serious.
- If your doctor recommends a test, ask what benefit it will provide for you.
- If your doctor makes a recommendation that you don't think you can follow, be honest about your concerns and ask if there are other options.



Types of PCPs.

- Family and general practitioners care for a wide range of health concerns and may be able to treat family members of any age.
- Internists treat adults of all ages.
- Pediatricians provide care to children and adolescents.
- Geriatricians specialize in the care of older adults.



For assistance in finding a provider, visit myuhc.com.