Keep Up With Your Preventive Care for Better Health

When was the last time you had an annual checkup? Utilizing preventive care increases the odds of catching illness or disease early, which can lead to better outcomes and overall health.

Establish Your Physician Relationship

A primary care physician, or PCP, may come from a family practice or internal medicine group, and specializes in diagnosing, treating and preventing a wide variety of conditions. Establishing a relationship with a PCP brings consistency and efficiency to your healthcare.

It's important to find a PCP who is qualified, fits your needs, and accepts your insurance plan. To help locate a PCP:

Ask for referrals from people you trust, such as family members, friends and other healthcare professionals.

Ask your health insurance company to help you find an in-network provider.

Be wary of online reviews. While a physician might not be a great fit for one person, that doesn't mean they won't work for you.

When choosing a PCP, you may schedule an interview to learn about the provider. Ask questions to ensure a good fit for your needs:

- What are the PCP's qualifications?
- Do they focus on disease prevention or treatment?
- Do they have a more conservative, or more aggressive, approach to treatment?
- How long does it typically take to get an appointment? Are they reachable by email?
- Does the practice have a patient portal to review test results and doctor's notes, and to request prescription refills?

Schedule an Appointment Today

Preventive care plays a vital role in our long-term health.
Take control of your health and schedule your appointment today!