



# 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!

Sources:  
[www.mayoclinichealthsystem.org](http://www.mayoclinichealthsystem.org)  
[www.webmd.com](http://www.webmd.com)  
<https://my.clevelandclinic.org/health/articles/16507-the-importance-of-having-a-primary-care-doctor>

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