



A primary care provider helps you manage all areas of your health



A primary care provider **UNDERSTANDS YOU** and your personal medical history

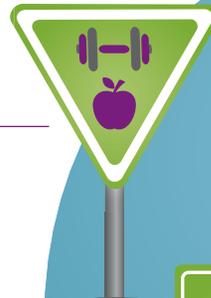


A primary care provider is **YOUR CONNECTION** to specialty care when needed

# A path to **BETTER HEALTH CARE**



Take charge of your health



**MAKE HEALTHY LIFESTYLE CHOICES**  
exercise, control your weight, quit smoking, eat healthy



**UNDERSTAND** what your health insurance covers



**TAKE MEDICATIONS** as directed – talk to your doctor if you make any changes



**KEEP A CURRENT LIST** of all your prescription and over-the-counter medications



Get regular health screenings and **CHECK-UPS**

## CHOOSING THE RIGHT SERVICES CAN SAVE YOU TIME AND MONEY



### OFFICE VISITS/PRIMARY CARE/ SAME DAY APPOINTMENTS

- provide annual check-ups and preventive care
- help manage conditions such as asthma, diabetes and high blood pressure
- treat minor medical concerns such as cuts, rashes and earaches



### WALK-IN AND URGENT CARE CLINICS

- treat illnesses or injuries that need medical care but are not life-threatening
- offer extended morning, evening and weekend hours for when your regular doctor is not available



### EMERGENCY DEPARTMENT

Emergency care is meant for serious and life-threatening medical conditions. If a situation is dire or life threatening, it's important to call 911.