Learn how to find the perfect primary care provider (PCP).

Americans make 900 million visits to doctor's offices each year. More than 50 percent are to primary care providers.[1] Your PCP is your main doctor who helps with your worries and questions about your health.

Having a Primary Care Provider You Trust is Important to Your Health.

Choosing the right PCP is important. You need to have one in place so you can stay on top of your routine check-ups. Having a PCP will help you get an appointment if you do get sick. We want to help you choose the right PCP for you!

Do Your Research.

It's important to use certified online resources when you research a new doctor. Not everything you read on the internet is true. Start with your health plan's website. This will make sure the PCP you choose is in your network and is a certified clinician.

Ask people you know and trust to recommend their favorite healthcare providers. If you have specific medical concerns or a diagnosis, make sure the PCP you choose can help you manage your condition. When looking for a new PCP you should determine what is most important to you.

What to Ask Yourself When Looking for a PCP

- How does the office handle after-hours health concerns?
- Who covers for them If they are out?
- Is it easier for you to go to an office close to home or close to work?
- What are the office hours?
- Can you make appointments online?
- Can you get a prescription refill without an appointment?

Go and See.

Set a "get to know you" appointment to find out more about the PCP and the office. Taking this step helps make sure the PCP you choose is right for you.

Sources [1] Center for Disease Control and Prevention: National Center for Health Statistics, Ambulatory Health Care Data. National Ambulatory Medical Care Survey (NAMCS) 2014.

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