



## 10 Reasons to Go to a Primary Care Physician (PCP)

1. **A Central Point of Contact** - PCPs help to coordinate care all in one place such as preventive screenings; chronic care for conditions like high blood pressure and care for unexpected symptoms like cough or high fever.
2. **Continuity of Care** – Continuity of care increases the chances that you’ll receive a correct diagnosis and treatment. By being able to track your health over time, your PCP can gain information that helps you get the best care.
3. **Better Preventative Care** - If you come in for regular physicals your PCP can help educate you about your health. They’ll know your family history and can help you watch out for chronic illnesses.
4. **Save Time Down the Line** - Setting up a relationship with a regular provider can help you get care more quickly should you get sick in the future—whether it’s a sinus infection or something more serious.
5. **A Key Resource** – Your PCP can provide the answers and care that you need. Your doctor can also help you find other resources you may need.
6. **Lower Overall Health Care Costs** –Research suggests that routine appointments with a primary care doctor cut health costs for patients. Plus most insurance plans cover preventive visits with no co-pay!
7. **A Higher Level of Satisfaction With Their Care** - Patients with primary care doctors report higher levels of satisfaction than patients without primary care doctors. The more you visit a doctor you trust, the better your care.
8. **Referrals to Specialists** - They can help refer you to the right specialists. You may think your chest pains require you to see the cardiologist when you are actually experiencing lung problems and need to see a pulmonologist.
9. **Decrease in Hospital and ER Visits** - Patients who regularly visit their PCP have fewer hospitalizations and emergency visits. Hospitalizations also increase your risk of getting an infection or illness.
10. **Better Management of Chronic Diseases** - Chronic health conditions are often difficult to monitor by yourself. A primary care doctor can help you stay organized and aware of how your chronic disease is affecting your body