



EVERYONE NEEDS A FAMILY DOCTOR



WHY ARE FAMILY DOCTORS SO IMPORTANT?

Choosing a good family doctor — also known as a primary care physician or PCP — is an important step toward a healthy lifestyle. Think of your family doctor as a partner who is focused on keeping you healthy. They know your health history and schedule routine tests and checkups that can detect and prevent diseases such as cancer, heart attack, stroke and diabetes. Your family doctor also treats everyday concerns like a sinus infection or high blood pressure.

Having a family doctor helps improve your health and happiness. At Health Advantage, we want you to find a family doctor who will focus on *your* care. Your family doctor could be a **family physician, pediatrician, general internist** or **geriatrician**. Choose one today!

ADVANTAGES TO HAVING A FAMILY DOCTOR:

- Make it easy to schedule checkups
- Get needed treatment for chronic conditions or illness
- Get appointments with specialists when necessary
- Learn more about being healthy

NEED HELP FINDING A DOCTOR?

Call **(800) 482-8416** to speak to someone who can help find a doctor near you. Look online at **healthadvantage-hmo.com**.

STEER CLEAR OF THE EMERGENCY ROOM (ER)

Never use the emergency room as a substitute for your regular doctor. You'll pay much more, because emergency room visits will cost you more money than a visit to the doctor's office. Also, you'll most likely wait longer to be seen. You can save money by making an appointment with your regular doctor or if you need immediate care and your doctor is unavailable, consider using an urgent care clinic. Be sure the clinic is in-network for maximum benefit.



HEALTHCARE HELP WHEN YOU NEED IT MOST

Your group health plan includes the support of a registered nurse care manager. Whether dealing with a lifelong health issue or a first-time medical emergency, there are times you need some help with your healthcare in addition to a family doctor. A nurse care manager will help you:

- **Schedule a doctor's appointment**
- **Find the right healthcare service**
- **Understand your particular health condition**
- **Learn new ways to manage your care**
- **Explain possible prescription drug reactions**
- **Educate you on your ongoing health conditions**

WHAT YOU SHOULD EXPECT

Many times, your nurse care manager makes a call to you to see how you're doing. There will be a friendly, helpful voice on the other side of the line when you answer the phone. Your personal nurse care manager can help you simplify your healthcare issues and get you the care you need. Care management is free and confidential! Your personal health data will not be passed on to your employer or anyone else.

