



The Importance of Choosing a Primary Care Provider

Using a Primary Care Provider (PCP) is key to providing guidance on how to achieve a healthy lifestyle. Primary care providers manage day-to-day health needs. A long-term relationship with a PCP keeps you healthier and lowers medical costs.

Call your PCP first when you are sick or injured and it is not an urgent matter. Your PCP:

- Has an existing relationship with you and knows your medical history.
- Can quickly diagnose and start treatment.
- Can help you decide what steps to take if you need to see a specialist or visit a hospital.
- A PCP can teach you ways to stay healthy, treat you when you're sick and help you get more advanced care when you need it.

Stay in network and save money. MyCare Finder makes it easy to find in-network providers, services, etc.

MyCare Finder helps you easily find in-network providers, facilities, services, and more.

Log in to your secure account at [CapBlueCross.com/finder](https://www.CapBlueCross.com/finder) to get started.

To find a provider: Search by name, specialty, or location to find the right care at the right place for your needs. See real patient ratings and reviews, too.

Be prepared. Stay engaged. Live healthy.

Your annual doctor's appointment is one of the most important keys to maintaining or improving your health. Make the most of it by preparing for your visit with these easy tips:

- Keep a running log of all the questions you want to discuss
- Review all your medications and bring a list of the prescriptions you need to have refilled
- Identify the most important problem or issue you are experiencing

Your choice on where to get care can save you money

Copays and deductibles may apply to healthcare services you receive. Generally, costs are lowest for office visits and are highest for emergency department care. Refer to your Benefit Booklet/Certificate of Coverage for cost share details.

Important notice for fully insured individual and employer group plans in Pennsylvania: Advertised health insurance policies or programs may not cover all your healthcare expenses. Read your contract or benefit booklet (certificate of coverage) carefully to determine which healthcare services are covered. Questions? Please call 800.962.2242 or the number on the back of your ID card (TTY: 711).