

5 Reasons Why You Need A Primary Care Provider



- 1 Partner In Your Care/Healthcare Captain**
 - Knows your medical history, schedule routine appointments and manage your medicine.
- 2 Comfort and Familiarity**
 - Person you can feel comfortable to ask questions and share private information.
- 3 Fewer Emergency Room Trips**
 - One medical doctor to see when you are well or sick.
- 4 Illness/Cancer Prevention**
 - Schedule wellness appointments, tests and labs.
 - Prevent medical problems from worsening by managing medications, and ordering supplies/equipment.
- 5 Discuss how to live a healthier lifestyle:**
 - Smoking cessation with treatment options
 - Healthy diet, exercise, and good sleep habits
 - Reduce stress and discuss mental health