

5 Reasons Why You Need A Primary Care Provider



- 1 Partner In Your Care/Healthcare Captain**
- 2 Comfort and Familiarity**
- 3 Fewer Emergency Room Trips**
- 4 Illness/Cancer Prevention**
 - Schedule wellness appointments, tests and labs.
 - Prevent medical problems from worsening by managing medications, ordering supplies/equipment, and guiding your diet and exercise program.
- 5 Discuss how to live a healthier lifestyle:**
 - Smoking cessation with treatment options
 - Healthy diet and exercise
 - Reduce stress
 - Good sleep habits
 - Discuss mental health