

10 REASONS TO GO TO A PRIMARY CARE PHYSICIAN (PCP)

1. **A Central Point of Contact** – Primary care physicians (PCPs) help to coordinate care all in one place. This can include 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 Preventive Care** - If you come in for regular physicals, your PCP can help educate you about your health. Your PCP will know your family history and can help you watch out for chronic illnesses.
4. **Save Time Down the Line** – An established relationship with a PCP can help you get care more quickly if 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 PCP can also help you find other resources you may need.
6. **Lower Overall Health Care Costs** – Research suggests that routine appointments with a PCP 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 PCPs report higher levels of satisfaction than patients without PCPs. The more you visit a doctor you trust, the better your care will be.
8. **Referrals to Specialists** – PCPs can help refer you to the right specialists. For example, 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 a 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 PCP can help you stay organized and aware of how your chronic disease is affecting your body.



Adapted from: <https://blog.apicha.org/10-reasons-why-you-need-primary-care-nyc>