**Subject: Why having a primary care provider matters**

*Get the most health from your health plan with these useful tips.*

# The Importance of a Primary Care Provider

Having a primary care provider (PCP) can give you a trusting, ongoing relationship with one medical professional over time—someone who is your main healthcare provider.

Your PCP should be the first person you call when you feel sickand it’s not an emergency. In addition to treating illnesses, minor injuries, and many chronic conditions, your PCP will handle preventive care like your annual physical and refer you to specialists if needed.

Want help finding the right PCP for you? The Find a Doctor tool is a great place to start:  
[www.bcbsri.com/findoctor](http://www.bcbsri.com/findoctor)

Not sure if you need to see your PCP or go elsewhere? This video can help you sort it out:  
[www.rhodeahead.com/howto/unboxing-pcps](http://www.rhodeahead.com/howto/unboxing-pcps)

**Learn more about why PCPs matter.**

[www.rhodeahead.com/learn/importance-primary-care-provider](http://www.rhodeahead.com/learn/importance-primary-care-provider)