

Finding and choosing your new Primary Care Provider (PCP)

Your PCP is your main contact for medical and preventive care. He or she:

- Provides care for a wide range of preventive and long-term health care
- Helps you stay healthier with regular visits, immunizations and screenings
- Handles your immediate care needs and more

You should establish a relationship with a PCP. After all, he or she plays a major role in your health and wellbeing. Think about the following when choosing the right one for you:

Thinking about my busy schedule, I would prefer that my PCP be located:

- Close to home Close to school Other:
 Close to work Close to daycare

I have a gender preference for my PCP:

- Male Female Doesn't matter

What are my main health goals and does this PCP seem like he or she could help?

- I want to stop smoking I want to find more enjoyment in life Other:
 I want to have children I want to lose weight

There are different areas of medicine for different stages in life. A PCP usually focuses on one area of medicine, so think about what kind of PCP would best fit your needs. I want a PCP who focuses on:

- Family medicine**
care for anyone, at any age (from newborns to the elderly), with any health condition
- Pediatrics**
care for newborn and childhood (age 19 and younger) health and development
- Internal medicine**
same care as family medicine, for anyone age 18 and older
- Family medicine with obstetrics**
care for the entire family, with an emphasis on delivering babies

Once you've established a relationship with a PCP, fill in their contact information here for easy reference.

My PCP's name:

Name, location and phone number of my PCP's clinic:

My clinic's office hours:

If I had to take public transportation to the clinic, this is the best bus route:

Visit deancare.com/clinic-locations to search for clinic hours and locations.

This helpful worksheet is for your reference only. You are not required to complete it.