

Do you have a primary care physician? ..

blueprint

What is a primary care physician?

A primary care physician (PCP), sometimes called a family doctor, is usually a family medicine doctor, general practice doctor, internal medicine doctor, pediatrician or geriatrician. You or members of your family may select one of these doctors depending on your age or certain needs.



Here are three important reasons to have a primary care physician:



To help improve your health.

Your PCP will advise you and your family on the care you need, including checkups to keep you healthy.



To help you lower your out-of-pocket costs.

Getting care from a PCP is a smart way to spend your money on health care.



To save you time.

No more waiting in crowded emergency rooms when you're sick.

Arkansas Blue Cross and Blue Shield wants to make sure that all of our members have a PCP available to them when they need care. If you've already chosen a PCP, we would like to say thank you. You've taken an important step in staying healthy.

How do I choose a family doctor

Sign in or register for Blueprint Portal, your member dashboard, at blueprintportal.com and select **Choose a Primary Care Physician** in the **policy information** tab.

We'll help you find a doctor, too! Please give us a call at 800-800-4298 between 8 a.m. and 4:30 p.m., Monday through Friday, to speak to someone who can help find a doctor near you.



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Help! Getting the care you need

If you're sick or need medical care, first call your doctor and schedule an appointment or leave a message for a medical professional to call you back. It's always best to be treated by someone who knows your health history.

Sometimes you'll need help when your doctor isn't available. Your doctor's office may have an on-call phone number or 24-hour nurse line you can call for help (keep these numbers handy in your cell phone or wallet). They also may suggest a nearby urgent care center or let you know, depending on the problem, if you should visit the emergency room.

Plan ahead. Learn what after-hours medical facilities are available in your area and ask your doctor's office if they prefer that you see a certain one. You may also want to find out if they take your health plan coverage.



Take the first step toward your health

Studies show that people with a primary care physician have lower overall health care costs and are happier with their care.



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