



# Choose a PCP and you'll have a doctor in your corner

A primary care provider (PCP)\* is the doctor who knows you best—they're the first person you call with medical questions and issues. PCPs help guide you to the care you need—and may help avoid cost surprises, save time and make the best use of your health care.

## Select a PCP to help manage your health

With your new health plan taking effect, it's a good idea to choose a PCP who's in your network—even if your plan doesn't require one. The doctors and facilities in the network have agreed to provide services at a discount, so staying in network makes sense—especially when visiting an out-of-network provider could end up costing you a lot more for care.

### A PCP can help you by:

- Getting to know your health history and health goals
- Providing routine care, such as annual checkups, which may catch potential health issues earlier
- Advising you when to see a specialist and providing referrals if needed



## Here's how to find a network PCP

Sign in to [myuhc.com](https://myuhc.com)<sup>®</sup>, then select **Find Care > Medical Directory > Employer and Individual Plans>Choice Plus> Narrow Search by Zip Code**. Only doctors in your network are visible when you're signed in and you can choose any family practitioner, internist, pediatrician or general medicine physician.\*\*



### Let the hearts be your guide

The UnitedHealth Premium<sup>®</sup> program\*\*\* can help you find doctors who meet benchmarks—based on national standards—for quality and cost efficiency. You can locate Premium Care Physicians by looking for the blue hearts near doctors' names.

continued

\* Depending on your health plan, selection of a primary care physician may be required.

\*\* Some states allow you to choose a specialist, like an OB/GYN, as your PCP. Sign in to myuhc.com to see the providers in your network.

\*\*\* Not applicable to UnitedHealthcare Tiered Benefit plans.



## Questions to ask yourself when looking for a PCP:

- Is the doctor I'm considering in my network?
- Do my friends or family have recommendations?
- Are the office hours and location convenient?
- Does the doctor have a UnitedHealth Premium designation for quality, cost-efficient care?
- Does the doctor meet my specific needs?  
For example: treat people with my condition, speak my language, etc.



## Keep up on preventive care

It's a good idea to see your PCP for an annual checkup and other preventive care, such as recommended screenings and immunizations. Preventive care is covered by most UnitedHealthcare plans at no additional cost when you see network providers.



## Schedule a PCP visit

Choose the PCP that best meets your needs, make an appointment—and make sure they're a good fit—and then start seeing the benefits of having a helping hand in your health care.

**Find a network PCP**

Visit [myuhc.com](https://myuhc.com) or download the UnitedHealthcare® app

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Certain preventive care items and services, including immunizations, are provided as specified by applicable law, including the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services may be based on your age and other health factors. UnitedHealthcare also covers other routine services, and some plans may require copayments, coinsurance or deductibles for these benefits. Always review your benefit plan documents to determine your specific coverage details.

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