



Do I need a Primary Care Provider?

Research says yes! Not having a **Primary Care Provider (PCP)** means giving up important long-term health benefits.

A **Primary Care Provider** can be a **Physician** or a **Nurse Practitioner** that works closely with a **Physician**.

Establishing a **PCP** is beneficial for being proactive about your health.

Here are some additional ways that having a **PCP** can benefit **YOU!**

CONTINUITY OF CARE

Forming a “Continuity of Care” relationship allows your PCP to know you and your health care goals and oversee your progress as you continue through life and treatments.

POINT PERSON FOR HEALTH CARE

A PCP oversees your health, manages chronic diseases, and informs you of lifestyle and behavioral changes that could improve your health.

PREVENTION OF ILLNESS

Routine screenings are a vital part of preventing future illness and disease. A PCP is key and regular office visits with one can help catch health issues early.

A WIDE SCOPE

A PCP helps you to assess what’s going on from multiple angles. A PCP takes a more holistic approach to determine what might be going on with you and your health.

FEWER TRIPS TO THE ER

Your PCP can offer options for treatment or testing based on your medications, health history, and goals that may otherwise land you in the ER, raising your health care costs.



Compass Health[®]
Network

When should I see my Primary Care Provider?

While Compass Health staff provide annual metabolic screenings to look for any potential health issues and increased risk for chronic health conditions, it is important to **follow up on any out-of-range results** with your **Primary Care Provider (PCP)**. In addition to following up on metabolic screening results with your PCP, it's important to see them regularly to maintain your health.

The general guideline to go by when scheduling with your **PCP is to see them at least annually for a physical** and then **for any chronic care management as recommended** (often every 3 months, but varies on the condition and severity). It is also important to receive any age-appropriate recommended screenings and vaccinations.

Scheduling to **see your PCP when you are sick** is also important. They are more knowledgeable about your history and can help you avoid an unnecessary trip to (and the additional cost of) the Urgent Care or Emergency Department.



What about Preventative Care?

Here are some additional guidelines for basic preventative care. **Keep in mind that this list is not comprehensive and does not take into account an individual's risk level or family history.** These guidelines can vary between different national organizations. **Following your doctor's individual recommendations is the best way to stay healthy!**

Kids (Based on American Academy of Pediatrics Recommendations):

- Newborn babies need their first physical 3-5 days after leaving the hospital and every 1-3 months for the first year of life, then every 3-6 months up to 3 years of age
- Kids and adolescents ages 3-21 years need an annual physical every year
- Height, weight, and blood pressure monitoring at every preventative visit, and blood pressure monitoring at every preventative appointment for all kids 3 years of age and older
- Vision and Hearing screenings annually starting at age 3
- HIV screening at least once between the ages of 15 and 21
- Cholesterol screening at least once between 9 and 11
- Developmental and Behavioral health screenings at well visits, age and risk factor-specific
- Dental visit every 6 months starting with the first baby tooth
- Keep immunizations up to date
- Physical activity at least 1 hour a day for kids ages 5 through 17 years of age
- Lead poisoning risk assessment and screenings during physical visits in the first 6 years of life
- Screen time: limit non-educational screen time to 1 hour per weekday and 3 hours on weekend days for children 2-5 years of age
- Anticipatory guidance at every well visit

Adults (Based on US Preventive Services Task Force Recommendations):

- History and physical exam every 1-2 years in adults 19-49, annually in adults 50 and older.
- Obesity screening and referral to services in all adults
- Blood pressure screening in all adults 18 and older
- Lipid screening recommendations are based on your risk factors and should be considered as early as 25 years of age.
- Diabetes screening beginning at age 43, unless your doctor determines you are very low risk.
- HIV screening- age 15-65, younger and older based on risk.
- Depression screening in all adults
- Mammogram screening every 2 years in women 50-74 (American Cancer Society recommends annual screening in women over 45 and optional between 40-44 years of age)
- Colorectal screening starting at age 45, with frequency varying by screening method and results
- Osteoporosis screening in women over 65 and postmenopausal women under 65 with risk factors.
- Cervical Cancer screening every 3 years for women ages 21-29 years and every 3-5 years for women ages 30-65
- Prostate cancer screening discussion- men ages 55-69
- Dental visit every 6 months
- Exercise 150 to 300 minutes every week

Schedule an appointment today! 844.853.8937