



Your Primary Care Provider Specializes in You

Sometimes, you need a specialist — a doctor to perform surgery, set a broken bone, or treat heart disease. However, to manage your health effectively, it's best to have a primary care provider (PCP) who's responsible for looking at your overall health and wellness.

8 Ways Your PCP Helps Manage Your Health

Your PCP can and should treat most of your routine medical issues, and guide preventive care to keep you well. As your healthcare coordinator, this is the expert who stays with you over time, notices little changes in your health, and gets to know you as a patient and a person. Your primary care provider:

1. Is someone you feel comfortable with and can build a relationship with over time
2. Tracks your health history and medical records
3. Sees you for preventive care, physicals, routine screenings, and immunizations: the kind of "maintenance" that is outside the scope of specialists
4. Has a wellness focus and provides guidance on healthy living to keep you healthy over time
5. Coordinates with all your other healthcare providers and stays on top of your prescriptions to help protect you from redundant or dangerous medication combinations
6. Determines when you need a specialist — and refers you to one
7. Helps you prevent or manage chronic health conditions such as high blood pressure, type 2 diabetes, and high cholesterol
8. Catches and treats many health problems early, before they become more serious

Internal Medicine Specialists

Internists specialize in primary care screening and treating common adult health issues, including chronic diseases such as diabetes and hypertension, as well as treating patients with a complex combination of conditions.

Family Medicine Specialists

Family Medicine Practitioners are specialty-trained to care for people across the life span, from birth through the geriatric years.

Pediatricians

Pediatricians manage the health of children, including physical, behavioral, and mental health issues.

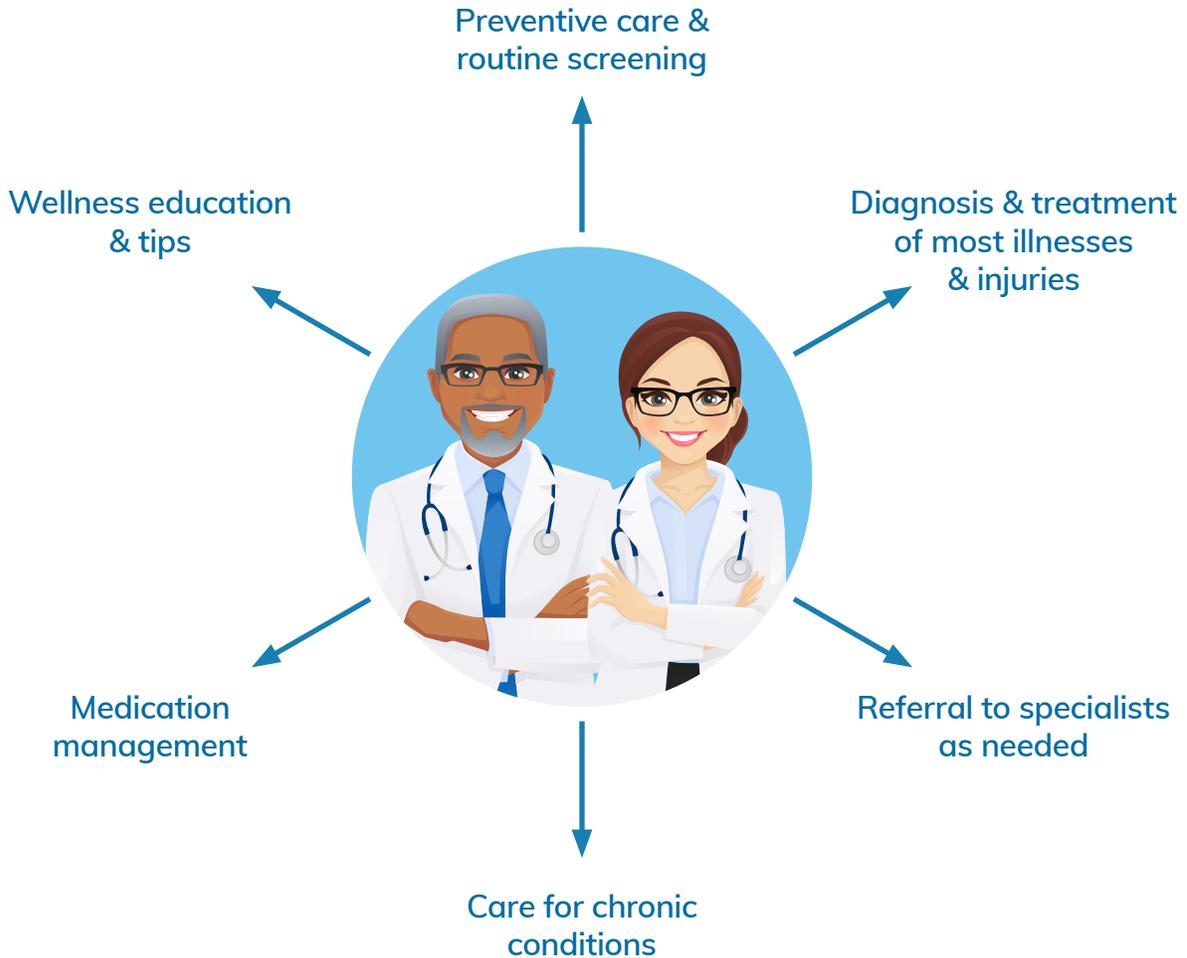
Nurse Practitioners

Nurse Practitioners have additional training enabling them to assess patient needs, order and interpret diagnostic and laboratory tests, diagnose disease, and formulate and prescribe treatment plans.

Let us help you find the right PCP. Call 1-415-275-3388 for a referral.

Count on Your PCP to Coordinate All Aspects of Your Care

The relationship between you and your PCP is central to all of your healthcare, including any specialty care you may require. Working together, your PCP and specialists form a collaborative, well-informed team with your best interests at heart.



Learn more with this informative podcast:

[The Value and Role of a Primary Care Provider](#)

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