

# Your Primary Care Journey

Primary care is an important part of staying healthy. Your primary care physician (PCP) oversees and coordinates your care.



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## Choose Your PCP

Your PCP provides basic medical care and coordinates services with other in-network providers, without the need for referrals. You will pay less if you use in-network doctors. At any time, you can:

- change your PCP for any reason.
- check whether a doctor is in the network, you can use the **Find a Provider** tool at [ibxmedicare.com/providerfinder](https://ibxmedicare.com/providerfinder).

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## Call Your Doctor to Schedule Your Annual Wellness Visit

Your annual wellness visit is available **at no cost**. During this visit, you can:

- review your medical and social history, including history of disease and lifestyle.
- learn about recommended preventive screenings, tests, and vaccines.
- make a care plan based on your current health and identify what risk factors you may have for different health conditions.

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## At Your Visit, Review Your Care Plan

You and your doctor will work to create a comprehensive care plan that's specific to you, which can include:

- lifestyle changes, like improving diet and exercise habits.
- using PCP-designated sites and laboratory services.
- visits to other providers, including specialists.

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## Get Follow-Up Care and Preventive Screenings

Your care plan will help you identify what preventive screenings you need. Follow-up visits, like physical exams or specialist visits, are a time to address the needs in your care plan. Preventive care can include:

- an examination of your physical health, including labs and vitals.
- screenings for conditions like diabetes and cancer.
- certain vaccines, like the influenza (flu) shot.

### Annual Wellness Visit vs. Physical Exam

Physical exams are different from annual wellness visits, but they are just as important to your overall health.

All in-network physical exams and annual wellness visits with your chosen PCP have a **\$0 copay**.



## Call Our Member Help Team

We are here to support you through your care journey. If you need help locating in-network providers or scheduling appointments, you can call our Member Help Team at the number on the back of your member ID card. They can also answer any benefit questions, so you can get the most out of your plan.

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