A primary care provider (PCP) is a health care practitioner who sees people that have common medical problems. This person is usually a doctor, but may be a physician assistant or a nurse practitioner. Your PCP is often involved in your care for a long time, so it is important to select someone with whom you will work well.

**A PCP is your main health care provider in non-emergency situations. Your PCP's role is to:**

- Provide preventive care and teach healthy lifestyle choices
- Identify and treat common medical conditions
- Make referrals to medical specialists when necessary

Primary care is usually provided in an outpatient setting. However, if you are admitted to the hospital, your PCP may assist in or direct your care, depending on the circumstances.

**Having a primary care provider can give you a trusting, ongoing relationship with one medical professional over time. You can choose from several different types of PCPs by visiting [www.myCigna.com](http://www.myCigna.com).**

When choosing a PCP, also consider the following:

- Is the office staff friendly and helpful? Is the office good about returning calls?
- Are the office hours convenient to your schedule?
- How easy is it to reach the provider?
- Does the provider have a conservative or aggressive approach to treatment?
- Does the provider order a lot of tests?
- What do colleagues and patients say about the provider?
- Does the provider invite you to be involved in your care?
- Does the provider view your patient-doctor relationship as a true partnership?


You can also call our **On-site Wellness Coordinators, Ronenia Jenkins at 305-995-7409 or Lourdes Amaya at 305-995-7140.**