Find a Doctor, Designate a PCP and Get Preventive Care

This is the second in our series of Be a Better Health Care Consumer articles.

Do you have a primary care physician (PCP), and have you developed a relationship with that doctor? Does your PCP manage and guide your health care journey? If not, take the time to find a doctor who can help you manage your health care needs. You'll save money in the long run by staying healthy along the way, instead of managing health conditions when they arise. To maximize your savings, make sure your PCP is in your health plan’s network.

Find a Doctor

Four simple reasons why a PCP is so important:

1. Your PCP gets to know you better overall, not just bits and pieces.

Your doctor will have a more complete picture of who you are, your health history, your health habits and can more easily see changes and make recommendations. Since some basic preventive tests can show more serious health problems, your PCP can give you a head start on getting care early to possibly avoid more serious problems down the road.

2. You get care coordination.

Your doctor can organize the different kinds of care or treatments you may need. For example, your PCP can make sure tests are not duplicated and all your medicines work well together. Your PCP can coordinate the care you get from other doctors to help make sure everyone is on the same page regarding your health needs.

3. You have a key resource – a starting point.

If you’re not sure whom to see for a certain problem, if you have a question about multiple prescriptions or if you’re concerned about what a specialist has suggested, your PCP is a great resource to better understand the full picture of your care.
4. You may be able to save time and money.

A PCP helps you stay healthy and can help you manage certain ongoing health problems. That can help lower your health care costs, avoid days out of work and save time in getting specialized care when you need it.

Easy, step-by-step directions are available to help you find a doctor in Anthem’s network – on the web, on the phone or on the mobile app. You also can watch a video* that guides you through Anthem’s website and how you can register, find a doctor and more.

Consider a Physician in the Blue Distinction Network

Do you want a more proactive approach to your health care? Consider selecting physicians in Anthem's Blue Distinction network, a best-in-class physician network. Blue Distinction physicians:

- Provide ongoing care, not just when you’re sick. They help you get healthy and stay that way by making sure there are no gaps in your care.
- Ensure your overall care makes sense based on your history, specialists, medications and lab results.
- Give you personalized care, help set up appointments with specialists and follow up with those doctors to make sure you get the right care.
- Offer lots of ways you can get care, so it’s easier for you, including online access for web visits, extended office hours (early mornings, late nights and even weekends) or email communications.

You can search for a physician with the Blue Distinction designation when you use the easy, step-by-step directions to find an Anthem doctor.

Designate a PCP

In addition, you will earn 50 points in the Healthy Living Program simply for selecting and designating your PCP. Once you’ve selected a PCP, complete and submit the Healthy Living Physician Form.

Get preventive care

Once you select a PCP and as you develop your relationship, discuss preventive care. Preventive care is covered at 100 percent for Anthem plan members and is key to maintaining your health while minimizing your costs.

In addition to earning 50 points for designating your PCP, you can earn another 50 points in the Healthy Living Program for a preventive exam occurring between Nov. 12, 2016, and Nov. 10, 2017. A list of preventive exams can be found at www.anthem.com/preventive-care/* CDL (Commercial Driver’s License) exams are considered a preventive exam. You and your physician will complete and return the Healthy Living Physician Form, which can be found at https://provant.statementout.com/10024.* Exams completed between Nov. 12, 2016, and Nov. 10, 2017, will count. Earned points will be posted within 15 business days after Provant receives the form.

*By clicking the websites’ links in this article, you are entering websites maintained by outside parties, which are entirely responsible for the sites’ content.