

PRIMARY CARE PROVIDERS

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A primary care physician (PCP), or primary care provider, is a health care professional who practices general medicine. PCPs are your first stop for medical care. Most PCPs are doctors, but nurse practitioners and physician assistants can sometimes also be PCPs.

Having a primary care provider means that you'll have someone in your corner helping you get the care you need. Your PCP:

- Will get to know you, your health history, your medications, and your lifestyle.
- Can treat many non-urgent health issues like allergies, fevers, colds, flu, and much more.
- Will provide routine medical care, such as physicals and annual exams.
- Is your health coach who can show you better ways to stay healthier.
- Can help you with specialized care for chronic health issues such as asthma, diabetes, or heart problems.
- Can decide if you need any tests or if you should see a specialist. Referrals are not needed, but your PCP can help you find a provider if needed.

FIND A
PRIMARY
CARE
PROVIDER

NEED HELP FINDING A PRIMARY CARE PROVIDER IN THE NETWORK?

Follow these steps if you are enrolled in the UMR plan

- Go to umr.com or your mobile app.
- Then select "Find a provider" and search for "UnitedHealthcare Choice Plus Network" and choose "View providers."

Follow these steps if you are enrolled in the Surest plan

- Go to benefits.surest.com or your mobile app. Here you can log in and find care by entering a doctor's name or entering your condition in the search bar.
- Then scroll through your options while checking costs and treatment options prior to getting care.

