



WELLNESS

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TIPS FOR FINDING THE RIGHT PRIMARY CARE PHYSICIAN

It is important to have regular check-ups with your primary care physician. Think of it like a tune-up for your body.



A primary care physician is a doctor who can see patients for a variety of concerns. If a primary care physician discovers something that needs a deeper look or more expertise, he or she may consult with or refer you to a specialist, a doctor who specializes in a specific part of the body.

Primary care physicians can offer early detection and treatment of conditions, chronic disease management and preventive care. You can go to them for a flu shot, blood pressure screening or basic cancer screening. A good primary care physician will treat all of you, taking your medical history and current condition into consideration, but also your values, beliefs and preferences.

When searching for a primary care physician, ask friends and relatives for recommendations. Visit the doctor's office and see if you feel comfortable in the waiting room. Have they put the proper COVID-19 precautions in place? Does the office offer counseling services, lab work or X-rays? Are there weekend hours? Finally, how comfortable did you feel talking to the staff? Is the office a welcoming environment?

Explore more at the [Chiefs Wellness Program homepage](#) -->