

Primary Care Providers Keep You Healthy



And Take Care of You When You Get Sick

1. Like a car - your body needs regular check-ups.
2. It is important that one health provider helps to take care of your basic health needs - not just a part of your body, like many specialists do.
3. Primary care providers help you in many different ways:
 - They teach you how to keep yourself healthy.
 - Oversee all of your health care, including well-care, and will help coordinate care and services.
 - They can treat you before health problems become serious.
 - They help you to prevent illnesses and secondary disabilities.
 - They refer you to specialty care when you need it.
4. Staying healthy can make it easier to do the things you enjoy.
5. Ask for special consideration if needed:
 - Let your primary care provider know what works best for you.
 - Your PCP may be able to make an exam or treatment easier for you by knowing your special interest, activities and routines.
 - If you are more vulnerable to infections, you might want to ask to wait in a special area.
6. Ask your provider for a written care plan to help plan care and coordinate with other providers.
7. Ask your health care provider for a written care plan or help to write a portable medical summary to assist you with communication with all your providers, including transitioning your care to adult health care providers and specialists.

We're here to help. To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

dsc.uic.edu or like us on  facebook.com/dsc.uic.edu