

# From head to toe, better health is easier with a PCP



## Geisinger

A primary care provider (PCP) is your first line of defense against illness. With regular checkups, they help you manage your health and catch potential health problems early, when they're easier to treat.

### Why choose a PCP? They're your partner in navigating healthcare:

- They treat common medical conditions and provide preventive care.
- They keep you on track with health screenings.
- If you have a chronic illness, they can help you manage it.
- People who have a PCP generally have better health outcomes.

Besides your PCP, you'll have a care team of nurses and pharmacists devoted to keeping you healthy. And if you're a MyChart user, you can manage your care online by sending messages, scheduling appointments and refilling medications.

To find a PCP near you, call **866-730-4553** or visit [geisinger.org/flyerpcp](https://www.geisinger.org/flyerpcp). Choose a PCP today and start your journey to better health!

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