

HOW TO SELECT YOUR PRIMARY CARE PROVIDER

What is a PCP?

A primary care provider (PCP) is a health care practitioner who sees people that have common medical problems. A PCP is your main health care provider in non-emergency situations. Their role is to:

- Provide preventive care and teach healthy lifestyle choices
- Identify and treat common medical conditions
- Assess the urgency of your medical problems and direct you to the best place for that care
- Make referrals to medical or surgical specialists when necessary

You can choose from several different types of PCP's:

- Family practitioners
- Pediatricians
- Geriatricians
- Internists
- Obstetricians/gynecologists
- Nurse practitioners (NP) and physician assistants (PA)

Establishing an ongoing relationship with a Primary Care Provider (PCP) is an important part of health and wellness. As such, Wellmark will be offering a \$5 discount on applicable office visit copays when you see your designated PCP. While designating a PCP is not required, you will receive an automatic discount on your copay at the time of service.

If you do not designate a PCP, the Wellmark system will analyze your claims history and will automatically assign you one. You can change your assigned PCP any time by logging into myWellmark or calling Wellmark Customer Service.

How to designate a PCP:

- Log in to your myWellmark account
- Call Wellmark Customer Service at 800.591.3873
- List your PCP on your enrollment form