

The benefits of having a primary care provider

Finding a great Primary Care Provider (PCP) is one of the biggest investments you can make in your health. They have the broadest view of your overall care needs and history, and they can help direct your treatment plan more effectively than any other kind of doctor. While convenient urgent care clinics, 24/7 ERs, and easy access to specialists might make it seem like you don't need a PCP—you do. Here's why.

Urgent care and ERs are for urgent issues.



BIG SAVINGS

Nearly 60% of ER patients paid 320–720% more than those who could have gone to their PCP.¹

A study found that nearly 60% of patients' problems could have been addressed in a primary care clinic.¹ Seeing a PCP could have saved them up to **seven times** what they paid for treatment in urgent care or the ER.



FUTURE SAVINGS

For every \$1 you spend with a PCP, you save \$13 on overall healthcare expenses.²

Having consistent, regular checkups with a PCP is crucial to your overall health and your pocketbook. PCPs run fewer unnecessary tests and can treat conditions before they become severe and costly.

Specialists ≠ whole picture.



HEALTH

Adults with a PCP have 19% lower odds of premature death than those who only see specialists.¹

A specialist monitors one specific part of your health closely, but they may not catch other issues outside their area of expertise. A PCP is trained to take a holistic view of your health. They also have a team of other doctors, physician assistants, and nurses to consult with if needed.



SAVINGS

People who have a PCP save 33% on their healthcare over their peers who see specialists.¹

Specialty care generally comes with a higher pricetag than primary care. When you have a routine health need, it's best for your wallet (and your health) to get treated by a PCP. And you'll likely be able to see a doctor faster, too, since specialists tend to have very full appointment schedules.

A PCP is your health's best friend.



HEALTH

A PCP looks at the big picture of your health and determines how to best move forward, together.

Physical, emotional, mental, social, and spiritual needs all contribute to your overall health. A PCP looks at each of these aspects of your life to identify underlying issues that ultimately affect your wellbeing.



SAVINGS

Receive high-value preventive care at little to no cost.

The Affordable Care Act (ACA) ensures that preventive services like screenings, annual wellness visits, and immunizations that are performed by in-network PCPs are free so you can keep your health on track.



¹ <https://www.primarycareprogress.org/primary-care-case/>

² <https://www.oregon.gov/oha/HPA/dsi-pcpch/Documents/PCPCH-Program-Implementation-Report-Final-Sept-2016.pdf>

Find the right Primary Care Provider for your needs with Amino Smart Match

Need to find a new PCP that's covered by your health plan? Just click the Primary Care tab on the Amino homepage, and we'll connect you with **Smart Matches**—high quality, experienced, cost-effective doctors in your plan's network. You can even schedule an appointment right from the app when you find the right person for you.

Visit amino.com/login to find a great PCP fast.

