



Why should I have a primary care provider (PCP) when I feel well? If I get sick, I can go to the local emergency room (ER) or urgent clinic for whatever I need.

In our country the number of 'Urgent care' clinics is growing and emergency rooms are often the only place people go when they get sick. Sometimes people don't see a reason to have a primary care provider (PCP). Sometimes people think an ER or Urgent care will be quicker and have everything they need.

Even though many people may think this way, primary care medicine provides something an urgent care clinic or ER was never designed to offer—a relationship, a place to be known.

By developing this relationship, you have a health care team that has all the information they need to figure out problems and make good recommendations. In other words, this relationship can be important when choosing the correct treatment plan. A PCP is also like a 'quarter-back' who can coordinate your healthcare team. Sometimes this team involves complicated tests and specialty doctors.

PCPs offer a wide variety of important services, including preventive care, such as cancer screenings; and care for conditions like diabetes or high blood pressure, among many others. PCPs are also able to deal with many urgent concerns, and, perhaps most importantly, are able to do this better because they know your history and the values that are most important to you.

It is easy to worry about today and not to think about tomorrow—like the 40 year old person with high blood pressure who does not go to the doctor because he 'feels well'. He may not realize that high blood pressure can cause a stroke or heart attack. A simple visit to a PCP could help him learn how to prevent something like this from happening. A PCP addresses today's problems and also helps you plan for your future.

Now is the time to start a relationship with your own primary care provider. At Christ Community Health Services Augusta, we treat the whole person—mind, heart, spirit, and body. We are committed to sharing the love of Christ through the care we provide.

Sincerely,

The Staff of Christ Community Health Services Augusta

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