



## You Deserve a Provider Who Truly Understands You

Having a healthcare provider who understands your needs is particularly important as you age. Chronic health issues can crop up as we grow older, and being proactive about wellness is crucial. That's why you need a primary care provider (PCP) — someone who specializes in YOU. As a specialist in preventive medicine, your PCP is in charge of your overall health and helps you get well and stay well.

### 5 Reasons You Need a PCP at Any Age

You need a PCP to perform a wide range of important tasks to keep you well and treat illness:

1. Take charge of your medical “maintenance,” including preventive care, physicals, routine screenings, and immunizations
2. Provide guidance on lifestyle-related health issues like sleep, nutrition, smoking, exercise, stress, and well-being
3. Coordinate with other healthcare providers and stay on top of your prescriptions to protect you from redundant or dangerous drug combinations
4. Refer you to a specialist when you need one
5. Help you manage chronic health conditions such as high blood pressure, type 2 diabetes, and high cholesterol

### Important Considerations When Choosing a PCP

**Convenience** — do you want a provider near home or work?

**Flexibility** — does the provider offer options of video, phone, and in-person visits?

**Other resources you can access** — what is the associated hospital, how broad is the network of specialists, etc.?

**Choice** — do you prefer a male/female provider or one who speaks a certain language or who has a certain specialty?

- Internal Medicine Specialists
- Family Practitioners
- Nurse Practitioners

**Let us help you find the right PCP! Call 1-415-275-3388 for a referral.**



## 10 Important Screenings Covered by Medicare

Getting the most out of Medicare starts with knowing the important screenings and services that are covered:

1. Abdominal aortic aneurysm screening
2. Bone mass measurement
3. Cardiovascular screening
4. Flexible sigmoidoscopy
5. Colonoscopy
6. Diabetes screening
7. Glaucoma test
8. Mammogram
9. Pap smear, pelvic, and breast exams
10. Prostate cancer screening



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