

How to find the right doctor.

A primary care provider isn't just responsible for completing your preventive care exam — they also get to know your health better than almost anyone.

Your annual preventive exam is all about understanding and communicating changes to your health over time.

So, choosing a primary care provider (PCP) in your Wellmark® Blue Cross® and Blue Shield® network that you feel comfortable talking to is one of the most important steps you can take to improve your health outcomes. Not sure where to begin? Explore answers to some common questions below.

What does a PCP do, and why do I need one?

Your PCP is like your own personal health expert. They perform your annual exam, check in on any other questions or concerns (both physical and mental), and can provide treatment options, including prescriptions. If needed, they can refer you to additional care.

How are PCPs different than a general practitioner I see at a walk-in clinic?

PCPs and general practitioners (GPs) can both treat common illnesses and minor injuries. But while GPs tend to look at health holistically and in the moment, PCPs are trained to monitor your personal health over time and to look for signs of larger issues, like chronic disease.

Why is finding the right doctor so important?

Everyone's health is different. Your PCP will want to learn about everything that could be impacting your long-term health. So, it's important you feel comfortable enough to share details about your lifestyle, family health history, and current symptoms or concerns.

With the right PCP, you can ...

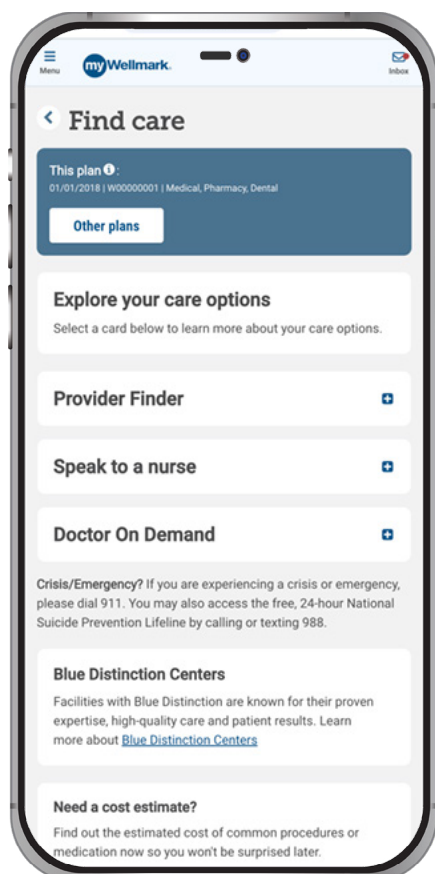
- **Talk to a doctor you trust when new symptoms arise**
- **Get more consistent health care over time**
- **Have health data readily available and easily accessed by one provider**
- **Get personal health insights and solutions from a doctor who knows you**
- **Get care from an in-network provider that's close to home**

Read more about PCPs and preventive care in Wellmark's [**BlueSM Magazine**](#).

Find the right primary care provider with myWellmark®.

Make full use of your Wellmark benefits.

Searching for an in-network PCP is easy with Wellmark's Provider Finder tool. Here's how to access and use it:



1. Register or log in at [myWellmark.com](https://mywellmark.com).

If this is your first time logging in, you may be prompted to search for and select a PCP.

2. Search for providers near to your address, city or zip code.

On your home screen, under **What are you searching for today?** Select **Find a provider or facility** and then follow the prompts to **Search for in-network care**.

3. Type in “primary care provider” under Provider Specialty.

If you have an assigned PCP and want to switch, you can do so once per benefit year.



Get the guide and get back on track.

If you haven't visited your doctor in a while, Wellmark's guide explains what to expect and how to prepare.



View the guide.

Schedule your annual preventive exam now!

Covered individuals can schedule once per calendar year (Jan. 1 – Dec. 31). It's easy to search for an in-network provider at Wellmark.com/Finder.



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