

Primary care providers

Essential to getting the best possible care

Primarily care providers (often called PCPs), play a vital role in coordinating the best possible care for their patients. Your PCP is the doctor or other medical professional who will see you for routine checkups and treat you when you're sick or injured.

When you need specialty care, your PCP can readily find the right provider for you. PCPs typically develop strong working relationships with particular specialists. Such established partnerships help ensure excellent communication, appropriate treatment and higher-quality care among all those who provide your care.

Even if your plan doesn't require you to have a PCP, it's still a good idea to have one as your "go-to" provider. To learn more, visit www.harvardpilgrim.org/learningcenter to watch a short presentation about finding a PCP.

<< For your next visit with your doctor, make sure to bring our handy Better Health Checklist. Visit www.harvardpilgrim.org/wellness to download a PDF of the checklist.

TOOLS TO HELP YOU GET AND STAY HEALTHY

Take advantage of the many interactive Web tools we offer at www.harvardpilgrim.org/wellness. Here you'll find plenty of support on how to:

- Eat more healthfully
- Quit smoking
- Manage stress
- Get enough physical activity
- Achieve a healthy weight
- Learn more about depression
- Have a balanced and simpler approach to wellness!

Don't have Internet access?

Just call us at 866-750-2068 to learn more or to request printed information. Get started on your own way to better health.



#1 IN AMERICA 10 YEARS IN A ROW!

Harvard Pilgrim is the #1 private health plan in America again, according to an annual ranking of the nation's best health plans by the National Committee for Quality Assurance (NCQA). Harvard Pilgrim is the only private health plan in the nation to be named #1 for member satisfaction and quality of care for ten consecutive years.*

**NCQA's Private Health Insurance Plan Rankings, 2011-14, HMO/POS. NCQA's Health Insurance Plan Rankings 2010-11 – Private. U.S. News/NCQA America's Best Health Insurance Plans 2005-2009 (annual). America's Best Health Insurance Plans is a trademark of U.S. News & World Report. NCQA The State of Health Care Quality 2004. Harvard Pilgrim Health Care of New England, Harvard Pilgrim's New Hampshire affiliate, is the top-ranked HMO/POS health plan in New Hampshire and the ninth highest-ranked private health plan in America.*