Building a Relationship
WITH A PRIMARY CARE DOCTOR!

Why Having a Primary Care Physician Matters

Research shows that people who have a primary care physician live longer. They're less likely to die from cancer, heart disease, stroke, and other serious illnesses. The reason is simple: over time, you and your physician form a relationship. As you get to know each other, the quality of your care improves by catching small problems before they become serious.

Establishing a trusting relationship with a primary care physician is key to receiving consistent, effective care.

Five Key Benefits of Building a Relationship with a Primary Care Physician

1. **Comprehensive care**

   Your primary care physician can help with everything from the flu to back pain and digestion issues—and even identify serious illnesses like cancer and heart disease. If needed, they'll refer you to a specialist.

2. **Personalized attention**

   Your doctor gets to know you as a person. This helps build trust and makes it easier to discuss physical and emotional concerns.

3. **Your Healthcare Navigator**

   Your physician helps you manage the healthcare system by:

   - Finding the best specialist if needed

   - Reviewing medications and supplements

   - Ordering appropriate tests and diagnostics

   - Answering all your care-related questions

Plan Pays 100%

In-network

NO DEDUCTIBLE

Plan Pays 60% of allowable charges after deductible.

4. **Preventive Screenings**

   Your doctor will arrange important screenings such as:

   - Mammograms

   - Colonoscopies

   - Blood pressure and cholesterol checks

   - Glucose testing and more

   Many serious illnesses are first found through these routine tests.

   Regular checkups with your primary care physician help keep you healthy and up to date on important screenings.

   If you don't currently have a primary care provider, now is the time. **Scan the QR Code** to find one near you.

Looking for a Primary Care Provider?

STAY
HEART HEALTHY THIS SUMMER

As temperatures and humidity rise, it's important to take steps to protect yourself from heat-related illnesses—especially if you have heart disease or other health concerns. Even healthy individuals can be affected by extreme heat.

BEFORE YOU GET ACTIVE

- Talk to Your Doctor before starting any strenuous activities, especially if you're over 50, have heart disease, or are not used to regular exercise.

- Know Your Numbers: Summer is a great time to check in with your doctor to review your blood pressure, cholesterol, and triglyceride levels.

UNDERSTAND THE RISKS OF HEAT ILLNESS

- Heat Exhaustion Symptoms

- Spending too much time in extreme heat can lead to heat exhaustion, a serious condition where your body struggles to stay cool.

- Warning Signs:

- Heavy sweating

- Nausea or vomiting

- Muscle cramps

- Fatigue or weakness

- Dizziness or fainting

WHAT TO DO:

Move to a cool place, loosen tight clothing, apply cold compresses, and sip cool (not cold) water.
If symptoms persist or worsen, **call 911 immediately.**

HEATSTROKE (ALSO CALLED SUNSTROKE)

Heat exhaustion can quickly turn into heatstroke, a life-threatening emergency.

WARNING SIGNS:

- Body temperature of 104°F or higher

- Severe headache

- Confusion or unusual behavior

- Hot, red skin with no sweating

- Rapid heartbeat

- Loss of consciousness

WHAT TO DO:

Call 911 immediately. Move the person to a cooler area and apply cold compresses. Do not give anything to drink.

TIPS FOR A HEART-SAFE SUMMER

- **Stay Hydrated:** Drink water throughout the day, even if you're not thirsty.

- **Eat Water-Rich Foods:** Include fruits and vegetables like watermelon, cucumbers, and oranges.

- **Avoid Excess Sun Exposure:** Stay indoors or in shaded areas during peak heat hours (10 a.m. – 4 p.m.).

- **Dress Smart:** Wear lightweight, breathable clothing and a wide-brimmed hat.

- **Use Sunscreen:** Apply sunscreen 30 minutes before going outdoors and reapply every two hours.

- **Pace Yourself:** Don't overdo physical activity in the heat. Rest often and listen to your body.

People with heart conditions are more vulnerable to heat stress. But anyone—regardless of age or health—can be affected by high temperatures.

TAKE PRECAUTIONS. STAY ALERT. PROTECT YOUR HEART.