



Find a Primary Care Provider You Trust



why you need a primary care provider

Your primary care provider (PCP) is a member of your health care team. He or she gets to know you well and has a good understanding of all of your health issues, not just your heart issues. Your PCP provides education and recommendations for routine physicals, screening tests and treating health conditions. See your PCP at least one time each year for a checkup to keep you healthy and talk about any problems you have.

Choosing the Right PCP

Choose a PCP with whom you feel comfortable. You want someone you can be honest and open with, someone you can ask difficult questions and share personal information. Your PCP should listen to you and explain things in a way you understand.

Schedule an appointment with the PCP you choose. If you do not feel comfortable with that person, try another provider until you find someone you feel comfortable with and trust.

Tips for finding a primary care provider:

- Ask members of your care circle (family, friends, or others close to you), adult congenital heart disease (ACHD) team or other specialists for recommendations

A primary care provider (PCP) is also known as a family doctor. He or she provides care for your overall health needs.

Your PCP can refer you to a specialist or community resource, and help you make treatment choices based on what's best for you.

Your PCP has all of your medical information and receives updates on your health from any specialists.



- Find a provider by going to allinahealth.org and clicking on *Doctors & Providers*.
- Call your insurance provider to find out what PCPs are covered in your network before you set up your first appointment.

If You Had a Hospital Stay

If you had a hospital stay, let your PCP know the details if he or she wasn't already involved.

How to Get Your Medical Records

You have the right to get and keep your records through the Health Insurance Portability and Accountability Act (known as HIPAA). You want information about your heart defect, surgeries, medicines, test results and more.

- To get your medical records: sign a release of information at your PCP's office or at the hospital.
- Organize your records so they are easy for you to find. Make extra copies of paper records and keep them in a safe place.
- Keep your medical records on your computer. Consider putting them on a USB flash drive that you can keep with you.
- Make sure members of your care circle know how to access your medical records in case of an emergency.

Access Your Records With 'My Account'

Access portions of your electronic health record through a free, secure online account to:

- schedule clinic appointments and email your clinic or care team*
- see test results, immunizations and more
- get instructions about your follow-up care for clinic, hospital, urgent care and

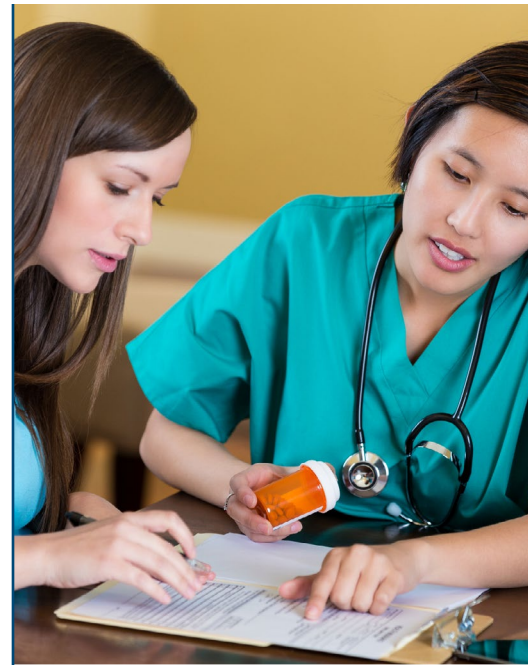
emergency department visits.

You can also:

- create an online health care directive
- find events and classes
- build your care team.

* Varies by location.

Sign up for an account at allinahealth.org.



Prepare for Your Appointment

- Write down any questions, concerns or symptoms you have.
- Bring copies of your medical summary, including your diagnoses, surgeries, medicines and more.
- Ask for clarity if you do not understand something.

If you aren't comfortable with the provider you see, find a new one.

