

[Narration starts, Lively music...]

At TRS, we're committed to providing you with options and information to help you get the most out of your TRS health plan.

Today, we'll be talking about choosing a Primary Care Physician, or PCP.

A PCP is someone you trust and build a long-lasting relationship with, making it easier to talk about your personal health. The goal of a PCP is to take care of you when you're sick, provide preventive care, and help you reach and track your health goals.

If you have a health concern or a chronic condition, a PCP can assist with coordinating your care. Need a specialist? A PCP can give you recommendations, initiate referrals, and guide you through the healthcare system.

You can choose a PCP for yourself and each of your covered family members. A PCP can be an internist, family practitioner, or pediatrician. You can also change your PCP at any time throughout the year.

An in-network PCP can help you avoid a surprise bill or paying more out of pocket. Remember, you can use any in-network provider, including specialists, without a referral.

To find a PCP near you, visit your plan's online directory, or call the number on the back of your health ID card.

Having a PCP you're happy with is important in keeping you healthy and active. Learn more about what a PCP can do for you, and make a connection for better health.

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