



Establishing Care With a PCP

A PCP will take care of you when you're sick and help you stay healthy with preventive care

Benefits of having a PCP:

- Holds you accountable for health goals
- Manages your health conditions
- Helps coordinates your care
- Better health outcomes

Know when to engage with an internal MD or specialists

Find a PCP you can talk to, they are your partner in health!







Utilize Preventive Care Services

Why is it important to use preventive care services?

- Identify potential health risks early
- Help maintain your health and avoid serious health issues

Early diagnosis can lead to improved health outcomes

What constitutes as preventive care?

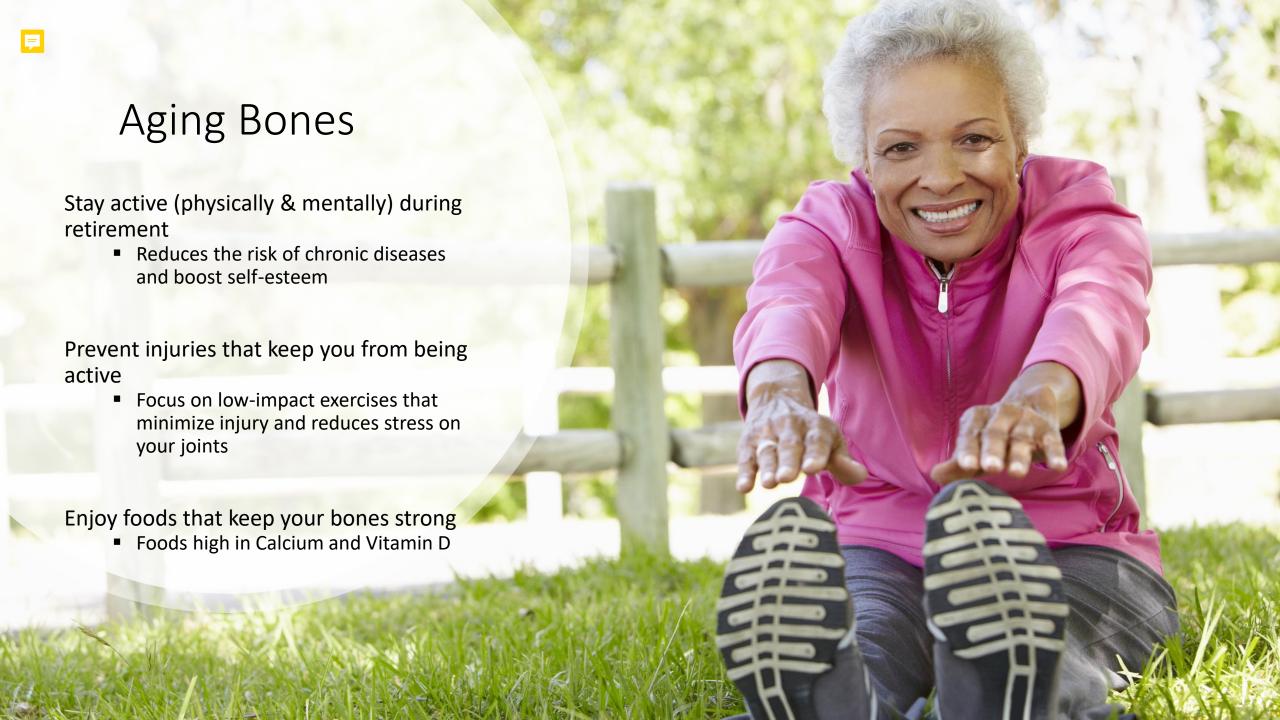
- Routine check-ups
- Preventive diagnostic tests
- Immunizations

"An ounce of prevention is worth a pound of cure."

— Benjamin Franklin









Mental Health

Take care of your mental health and wellbeing

- Stay connected with friends and family
- Participate in social activities
- Eat nutritious foods & stay active
- Keep your brain agile
- Relax!

Recognize the signs of depression

- Persistent sad mood and irritability
- Feeling hopeless and restless
- Loss of interest and appetite
- Decreased energy and feeling fatigue and tired
- Thoughts of death and suicide

Do things that make you happy and don't be afraid to ask for help when needed!

