

It's Your Choice.

Do You Have A Doctor?

The answer to the question, "Do you have a doctor?" is an important one. Having a doctor that knows you and your medical history can help you stay well and healthy – and help you get better and faster care if you get sick or injured.

What type to choose? Most people choose a general internist, a pediatrician, or a family practice physician as the primary doctor to help manage their care. Some women may choose a gynecologist. Someone with a chronic health condition such as cancer or kidney disease may consider choosing a specialist as an overall health care provider.

If you don't have a primary care doctor, choose one from your provider network and get a checkup today. Talk to your doctor about your health. Be open and honest about your activities, lifestyle and family medical history, so your doctor can be the best advisor about your care.

When you see one doctor for your primary care needs, you get more consistent care from a doctor who knows you and your history. Build a long-term relationship with your doctor. It helps keep you healthy -- and helps control the rising cost of health care.

For more ways each of us can help keep health care affordable, visit www.bcbst.com or talk to your Benefits Manager.

When it comes to the cost of health care, it's your choice. And your choices make a difference.

