



Choose a Primary Care Provider for your routine health needs

A primary care provider (PCP), sometimes called a primary care doctor, general practitioner, family care doctor, internist or pediatrician, is the doctor who knows you best. They're the first person you call with medical questions and issues. PCPs help guide you to the care you need—and may help avoid cost surprises, save time and make the best use of your health care.

Select a PCP to help manage your health

It's a good idea to choose a PCP who's in your network. The doctors and facilities in the network have agreed to provide services at a discount, so staying in network makes sense. Although you are not required to choose a PCP, there are benefits to establishing a relationship with a doctor here in the U.S.

A PCP can help you by:

- Getting to know your health history and health goals
- Providing routine care in your preferred language, such as annual checkups, immunizations, and screenings, which may catch potential health issues earlier
- Advising you when to see a specialist and providing referrals if needed

Here's how to find a network PCP

Sign in to myuhc.com[®], then select **Find Care > Medical Directory > People > Primary Care > All Primary Care Providers**. Only doctors in your network are visible when you're signed in and you can choose any family practitioner, internist, pediatrician or general medicine physician. You can even search by care based on a condition, type of treatment, and language spoken by the PCP.

The Health Management team of registered nurses is also available to review your medical history and help identify a local primary care provider based on your health care needs. Call the number on your health plan ID card or email

ExpatInsurance_MemberServices@uhcglobal.com to get connected.

Let the hearts be your guide ♥♥

The UnitedHealth Premium[®] program can help you find doctors who meet benchmarks for quality and cost efficiency. You can locate Premium Care Physicians by looking for the blue hearts near doctors' names.





Questions to ask yourself when looking for a PCP:

- Is the doctor I'm considering identified as an In-Network Provider on myuhc.com?
- Do my friends, family, or coworkers have recommendations?
- Are the office hours and location convenient?
- Does the doctor have a UnitedHealth Premium designation for quality, cost-efficient care?
- Does the doctor meet my specific needs?
For example: treat people with my condition, speak my language, etc.



Keep up on preventive care

It's a good idea to see your PCP for an annual checkup and other preventive care, such as recommended screenings and immunizations. Preventive care is covered at no cost when you see in-network providers.



Schedule a PCP visit

Choose the PCP that best meets your needs, make an appointment—and make sure they're a good fit—and then start seeing the benefits of having a helping hand in your health care. Be sure to bring your UnitedHealthcare Global ID card to your appointment.

Find a network PCP

Visit myuhc.com

United
Healthcare
Global

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

Certain preventive care items and services, including immunizations, are provided as specified by applicable law, including the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services may be based on your age and other health factors. UnitedHealthcare also covers other routine services, and some plans may require copayments, coinsurance or deductibles for these benefits. Always review your benefit plan documents to determine your specific coverage details.

The UnitedHealth Premium® designation program is a resource for informational purposes only. Designations are displayed in online physician directories at myuhc.com®. You should always visit myuhc.com for the most current information. **Premium designations are a guide to choosing a physician and may be used as one of many factors you consider when choosing a physician. If you already have a physician, you may also wish to confer with him or her for advice on selecting other physicians. You should also discuss designations with a physician before choosing him or her. Physician evaluations have a risk of error and should not be the sole basis for selecting a physician.** Please visit myuhc.com for detailed program information and methodologies.

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