



YOUR PCP—YOUR PARTNER IN BETTER HEALTH

Have you made your PCP connection? Now's the time!

You and your primary care physician (PCP) — it's a healthy relationship to have. Your PCP is your partner in better health and your home base for the services you and your family need to stay well.

Your PCP provides basic, routine and preventive care

When you're sick or injured, your PCP is there. He or she can provide care for minor or common problems. Need a specialist? Your PCP can give you recommendations. **Remember, you have the freedom to use any in-network provider without a referral when you need care (including specialty care).**

Your PCP knows you

Over time, your PCP gets to know you, your health history, and your needs and goals. This information can be shared with other providers so everyone is on the same page with your care.

You have a trusted guide

Health care can be complicated. When you have a PCP, you have a guide to help you find your way around the system.

You can choose a PCP anytime

You can choose a PCP for yourself and each family member enrolled in the plan. A PCP can be an internist, family practitioner or pediatrician. Go to www.tractivecareetna.com and log in or register on Navigator, your secure member website. Or, use the TRS Health app to find your PCP. Remember, you can change your PCP at any time throughout the year.

We encourage you to partner up with a PCP and make your connection for better health.

QUESTIONS?

A TRS-ActiveCare Customer Service Representative is here to answer PCP, provider and benefits questions, and help you make the most of your plan. Visit us online or call, toll-free.

Visit: www.tractivecareetna.com
Call: 1-800-222-9205

