



# PRIMARY CARE: Keeping You and Your Family Healthy

[CROUSE.ORG/PROVIDERS](https://crouse.org/providers)

## Why Primary Care?

*Ever wondered why it is so important to have a Primary Care Provider (PCP)?*

Primary care clinicians ensure that patients get the right care, in the right setting, by the most appropriate practitioner to meet your individual health and wellness needs and values.

Think about it like this: You, the patient, are the quarterback for your health and quality of life. You have the freedom to make decisions that will impact your health and happiness. Your primary care provider is the head coach, who creates and tailors the game plan and equips you with the right tools to help you drive your care plan in the right direction.

Over time, you and your provider form a relationship — you get to know each other. Together, you can catch small health problems before they become more serious.

## What is a Primary Care Provider?

Many different types of providers serve as PCPs.

- **Pediatricians** specialize in the care of children from infancy through young adulthood.
- **Family medicine** providers provide care for the whole family, from birth to old age. Some family providers also provide maternity care for pregnant women.
- **Internists** care for adults of all ages.



Your PCP keeps track of your allergies to medications, what medicines you take and what tests you've had. They can save time and money by knowing what care you have received and where, reducing the likelihood of repeat or unnecessary testing or procedures. They also have relationships with specialists to assure you get the quickest, best possible choice for your particular medical issue.

## How do I find a primary care provider?

Before you look for a PCP, decide what type of provider you want, and whether there are any characteristics that are important to you: gender, age, languages spoken, location of the practice, hours of operation.

The best way to find a new provider is to talk to people who already know you. Ask friends and relatives for recommendations. Find out why they like their provider and what the practice is like.

Once you find a provider who meets your criteria, confirm whether that provider is accepting new patients *and* accepts your insurance. Sometimes practices that no longer take new patients will make an exception for someone referred by an existing patient or another provider. If the practice has a website, look it over to see what the practice's philosophy of healthcare is and what the practice policies are.

## Access to Quality Care through the Crouse Health Network

With nearly 200 primary care providers in more than 40 conveniently located offices in Onondaga, Cortland, Cayuga and Madison counties, Crouse Health Network has you and your family covered for all your health and wellness needs.

### Primary care available in all locations, with many offering...

- Scheduling flexibility (including weekend and evening appointments in some locations)
- On-site lab, radiology and other diagnostic services
- Multi-specialty access to:
  - Cardiology
  - Diabetes management
  - Pulmonology
  - Ophthalmology
  - Spine & pain management
  - Neurology/Neurosurgery
  - Nutritional counseling
  - Behavioral health
- 24/7 on-call access for emergency/urgent care
- Same-day appointments for sick care visits

Care that is comprehensive and meets the highest clinical and quality standards.

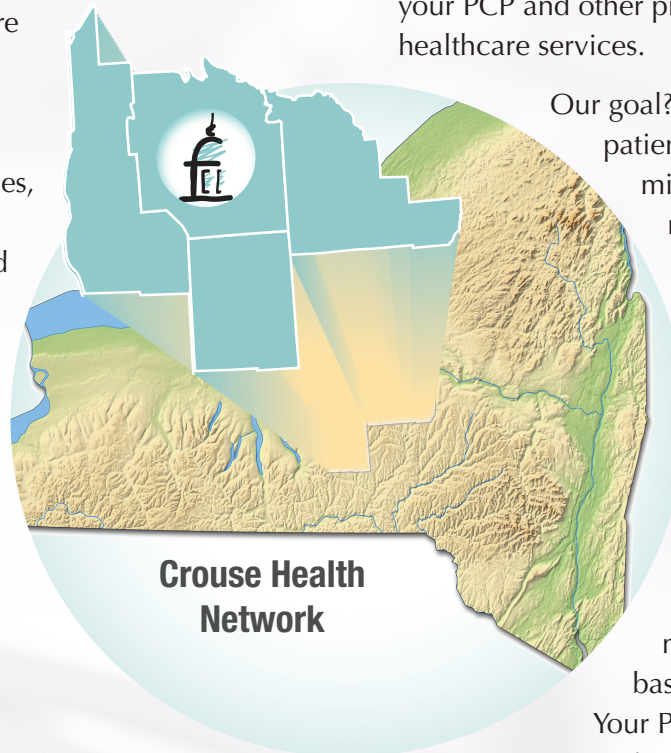
## Focus on Quality Care/Communication Across the Network

Providing personalized healthcare tailored to your unique needs is at the core of what we do. This is made possible by a well-coordinated approach to care that is based on two-way communication between your PCP and other providers from whom you receive healthcare services.

Our goal? To provide you with a seamless patient experience and peace of mind, no matter where services are received, whether in a doctor's office or emergency room. Crouse Health Network partners are focused on making sure you receive access to the care you need — where you need it, when you need it.

Your Primary Care Provider will help track and coordinate medical care you should receive based on your condition history.

Your PCP will also recommend preventive health screenings based on your age, gender and family history (examples include breast, cervical, colorectal cancer screenings). In addition to the support you receive in the office when you see your provider, many of our offices also offer ongoing care management for patients with diabetes and other chronic conditions. This means you have a support team working with you along the way to help keep you motivated and on track to achieve your best health.



For more information  
[crouse.org/providers](https://crouse.org/providers)