



LARIMER
COUNTY

MARCH 2022

HEALTH UPDATE

Chart Your Path For Better Long-Term Health

PICK A PRIMARY CARE PARTNER



Select an in-network primary care provider (PCP) to begin a long-term health partnership built on trust.

At your next exam, partner with your PCP by starting the conversation.



CREATE TARGETED HEALTH GOALS WITH YOUR PCP

During your next annual preventive exam, discuss how you're feeling mentally and physically. Your PCP can provide expert insight and help you to refine your health goals with a personalized plan. This can include a nutrition plan, exercise for your fitness level, and necessary medication or follow-up care.



ASK YOUR PCP OPEN-ENDED QUESTIONS

When you ask your PCP specific questions, it can lead to more catered care unique to your needs. Start open-ended questions with "What", "Why", "How", or "Are" to encourage detailed explanations from your doctor: "What preventive health screenings are right for my age?", "How does my family history affect my risk for certain conditions?", and "Are there any vitamins, supplements, or nutrition plans I should consider?"



PARTNER WITH YOUR PCP ON PREVENTION

See your PCP once a year for a preventive exam—the exam is free* if you are enrolled in a health plan and visit an in-network provider. When you complete a preventive health screening, your doctor has the opportunity to discover potential health issues sooner when treatment is the most effective. Many common cancers and diseases can be successfully treated, prevented, or survived through early detection.

*Some services are generally not considered preventive if you get them as part of a visit to diagnose, monitor, or treat an illness or injury. Please be aware that you may be responsible for the cost of any non-preventive care services you receive at your preventive care exam based on your plan design.