The benefits of having a primary care provider

Finding a great Primary Care Provider (PCP) is one of the biggest investments you can make in your health. They have the broadest view of your overall health needs and history, and they can help direct your treatment plan more effectively than any other kind of doctor. While convenient urgent care clinics, 24/7 ERs, and easy access to specialists might make it seem like you don’t need a PCP—just do. Here’s why,

Urgent care and ERs are for urgent issues.

**BIO SAVINGS**
Nearly 60% of ER patients paid $200–$200% more than those who could have gone to their PCP.¹

A study found that nearly 60% of patients’
problems could have been addressed in a
primary care clinic. Seeing a PCP could have
saved them up to seven times
what they paid for
treatment in urgent care or the ER.

**FUTURE SAVINGS**
For every $1 you spend with a PCP,
you save $13 on
everal healthcare
expenses.²

Having consistent, regular checkups with a PCP
is crucial to your overall health and your
pocketbook. PCPs run fewer unnecessary
tests and treat conditions before they become
severe and costly.

Specialists ≠ whole picture.

**HEALTH**
Adults with a PCP have 19% lower odds of premature
death than those who only
see specialists.³

A specialist monitors one aspect of your
health closely, but they may not catch other
issues outside their area of expertise. A PCP is
taught to take a holistic view of your health.
They also have a team of other doctors,
physician assistants, and nurses to consult with
if needed.

**SAVINGS**
People who have a
PCP save 33% on
their healthcare over
their peers who see
specialists.⁴

Specialty care generally comes with a higher
cost than primary care. When you have a
routine health need, it’s best for your wallet
(and your health) to get treated by a PCP.
And you’ll likely be able to see a doctor faster,
too, since specialists tend to have very full
appointment schedules.

A PCP is your health’s best friend.

**HEALTH**
A PCP looks at the big picture
of your health and determines
how to best move forward,
together.

Physical, emotional, mental, social, and spiritual
needs all contribute to your overall health. A PCP
looks at each of these aspects of your life
to identify underlying issues that ultimately
affect your wellbeing.

**SAVINGS**
Receive high-value preventive care at
little to no cost.

The Affordable Care Act (ACA) ensures that
preventive services like screenings, annual
wellness visits, and immunizations that are
performed by in-network PCPs are free so you
can keep your health on track.

Find the right Primary Care Provider for your needs with Amino Smart Match

Need to find a new PCP that’s covered by your health plan? Just click the
Primary Care tab on the Amino homepage, and we’ll connect you with
Smart Matches—highly qualified, cost-effective doctors in your plan’s
network. You can even schedule an appointment right from the app when you
find the right person for you.

Visit amino.com/login to find a great PCP fast.