

Becoming a Good Healthcare Consumer



- Don't use a Specialist or Emergency Room for basic healthcare.
- Only use the Emergency Room for true emergencies.
- Use generic drugs whenever possible; ask your doctor to prescribe a generic first!
- Seek comparable care in lower cost settings (i.e. colonoscopies in an office vs. hospital)
- Participate in the *Healthy Solutions* Wellness Program

ASK QUESTIONS! You may call Customer Service at Primary PhysicianCare, Inc. to inquire about your benefits or claim status at [1-800-446-5439](tel:1-800-446-5439), and then follow the prompts for customer service.

To help route your call quickly, please have your ID number (from your ID card) ready when you call.