

# The Importance of Having A Primary Care Provider.

## State of the State.

- Life expectancy dropped to 76.4 years in 2022.
- Leading causes of death in 2022 were:
  1. Heart Disease.
  2. Cancer.
  3. Unintentional deaths.

Many have postponed preventive and chronic care due to the pandemic.

This should be a wake-up call for all of us regarding our health and well-being.

## Achieving Improved Outcomes with Continuity of Care.

- Provides an opportunity to investigate early signs of risk.
- May reveal conditions that exhibit no symptoms prior to a crisis.
- Possibility for early/ non-medical intervention.
- Prevent long term damage or development of a chronic condition.
- Potential to reduce costs associated with unnecessary visits to facilities designed for emergency care.
- Can be very empowering to choose health care providers in a time of health and a calm state of mind.

## Research shows that access to primary care is associated with better health outcomes.

Primary care providers (PCP's) offer a usual source of care, early detection, treatment of disease, chronic disease management, and preventive care.

- Patients with usual source of care are more likely to receive recommended preventive services such as flu shots, blood pressure screenings, and cancer screenings.

- The most common reasons for not seeking preventive exams from a PCP are:
- Lack of insurance.
- Language barriers.
- Inability to take time off work.
- Transportation barriers.
- "I am healthy, I do not need a PCP".

## Novant Health is expanding primary care access to reduce health care gaps.

- Onsite health physicals.
- Telehealth.
- Interpretation services.
- Onsite wellness centers in businesses and municipalities.
- Onsite mobile mammography.
- Onsite vaccination programs.
- Onsite cancer screenings.

## Grace Ostan, RN, FNP-C, DNP



"Think of your provider as your partner in your long-term health. You need a trusted primary care provider that you can talk to about your concerns; Whether they are mental health needs or changes in your family history or any other health issues that come up. In addition, the

actual physical exam serves as a wellness check as you touch base with your provider, address any health issues, and talk about preventive measures for your future. It's a chance for the Provider to reconnect with their patient and for you, the patient, to reconnect with your Provider."