

# The Importance of Your Relationship with Your Primary Care Physician

Your health care team can be made of up several different types of doctors or specialists, starting with your **Primary Care Physician** (PCP). A PCP is a doctor who helps you maintain overall health. Their primary role is to provide preventive care and teach you about healthy choices, as well as identify common medical conditions in order to direct you to the best option for care.

**Behavioral health concerns can directly impact your physical health. It is important that your PCP is aware of your behavioral health treatment, and other care you receive. This is for the benefit of your overall health and well-being.**

## What is the importance of an annual wellness visit?

It is recommended that adults have a wellness visit with their PCP once a year. That is a good time to update your doctor on your behavioral health treatment. Your PCP may have questions for your behavioral health provider.

Remember that information about your treatment is confidential and is only shared when necessary to ensure the best possible care is given to you by all of your providers.



**Good communication between your PCP and your behavioral health provider can help lead to better health outcomes and management of your overall physical and mental health.**

## Need help finding a PCP?

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Visit [mvphealthcare.com/findadoctor](https://mvphealthcare.com/findadoctor).



Call the MVP Customer Care Center at the phone number on the back of your MVP Member ID card.



Connect with your MVP Case Manager for assistance.



MVP has resources and programs to support members living with a behavioral health concern. To learn more, visit [mvphealthcare.com/behavioralhealth](https://mvphealthcare.com/behavioralhealth).