Choosing a primary care physician (PCP) is a pretty personal thing. We know it’s not as easy as it sounds. You don’t want to just choose a name out of the phone book. Finding someone you can relate to, feel comfortable with and trust with private matters is a big deal. And when you find the right PCP, that doctor can make a world of difference in many ways.

Four simple reasons why a PCP is so important

1. **Your PCP gets to know the “overall you,” not just bits and pieces.**
   Your doctor will have a fuller picture of who you are, your health history, your health habits and can more easily see changes and make recommendations. Since some basic preventive tests can show more serious health problems, your PCP can give you a head start on getting care early to possibly avoid more serious problems down the road.

2. **You get care coordination.**
   That just means organizing the different kinds of care or treatments you may need. For example, your PCP can check to make sure there isn’t any duplication of tests and all your medicines work well together. And your PCP can coordinate the care you get from other doctors to help make sure everyone is on the same page with your health needs.

3. **You have a key resource — a starting point.**
   If you’re not sure who to see for a certain problem, if you have a question about multiple prescriptions or if you’re concerned about what a specialist has suggested, your PCP is great place to start to go over the full picture of your care.

4. **You may be able to save time and money.**
   A PCP helps you stay healthy and can help you manage certain ongoing health problems. That can help lower your health care costs, avoid days out of work and save time in getting specialized care when you do need it.
Here’s how easy it is to choose a PCP and let us know who it is

On the web:
- Go to anthem.com/ca and log in.
- Select the Profile tab or choose Profile in the upper right-hand corner.
- Choose Primary Care Physician (PCP).
- Check the box next to the member for whom you’d like to change the PCP, and choose Find a Doctor. Enter your location and search distance.
- Be sure the box for Able to serve as primary care physician (PCP) is checked. Check the boxes for Enhanced Personal Health Care and Blue Distinction Total Care under Show more options to look for a doctor who practices these types of care. These doctors help you get the right level of care, from the right kind of doctor, at the right time.
- Choose Search.
- On the Primary Care Physician page, mark the box Choose as Primary Care Physician (PCP) that is next to the doctor’s name that you want as your PCP. A PCP selection confirmation box will pop up to confirm your choice.
- Choose Continue.
- On the PCP Selection page, select the box to indicate why you changed your PCP. (Choose Other if you’re selecting one for the first time.)
- Select Submit.
Repeat the steps above to select a PCP for each member who is covered under your plan.

On the phone:
Call Member Services at the number on your Anthem Blue Cross (Anthem) ID card.

Choose and register your PCP with us today!
Go to anthem.com/ca and log in to get started. It only takes a few minutes.

Let us know the name of your PCP and better health and lower costs could be on their way

When we know who your PCP is, we can:
- Work closely with your doctor to share health information that we might think is valuable to both of you regarding a particular health concern you’re dealing with, a test that might be helpful based on your health history or a way to help lower your health care costs.
- Let your PCP know when it’s time for your yearly checkup, when you’ve had an emergency room or hospital visit, and even when you may be overdue for a specific treatment.
- Verify that claims are processed correctly.

Doctors in our Enhanced Personal Health Care program (known nationally as Blue Distinction Total Care) treat you as a whole person, not just a sore throat or backache. They:
- Offer lots of ways you can get care — like extended office hours or Web visits.
- Don’t just take care of you when you’re sick; they work with you to get and keep you healthy.
- Ensure your overall care makes sense based on your history, specialists, medications and lab results.