

Federation Friday

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GFWC-NC is calling and I must go

Friday's Focus: Finding a Physician – Immunization Awareness Month

Finding a Primary Care Physician

Health care and related language has changed over the years. In the past, you may have seen the same doctor throughout your life for illnesses, preventive screenings and referrals. Now, primary care physician practices are considered your medical home and may be labeled as:

1. *Family Practices- treat all ages and a wide variety of conditions.*
2. *Internal Medicine Practices- typically treat adults and specialize in prevention, diagnosis and management of disease and chronic conditions.*
3. *General Practices- treat patients of any gender or age and may include osteopaths.*

A vital consideration is to find a provider that accepts your medical insurance and is associated with specialists and hospitals that also accept your insurance.

Most medical insurance plans have a list of physicians considered “in-network” on their website, meaning they have an arrangement with the insurance company and will normally bill them for their portion of your bill.

In choosing a medical home/physician, ask friends, neighbors or other health care professionals for suggestions. If you have a chronic health condition, you should ask others with similar conditions for referrals.

Consider the logistics, location of the office, ease of transportation to the office, hours of operation and language in which you need to communicate.

Make an appointment to evaluate your comfort level with the office staff, nurses and physician. Consider wait time,



phone demeanor, time it takes for return phone calls and availability of timely appointments. If you are not happy with the considerations listed, go back to square one and

try another physician. Emergency departments and urgent care centers have a role in our health care but are not the best solution to monitor and improve your health over time.

Source: www.bcbs.com



People of all ages can protect their health with on-time vaccinations. **National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages.**

Communities across the country use this month each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases across the lifespan.

NIAM is sponsored by the National Public Health Information Coalition (NPHIC). NPHIC, in collaboration with CDC's National Center for Immunization and Respiratory Diseases, developed communication toolkits to help educate people of all ages about vaccines recommended for them. For more information on the observance and to download the communication toolkits, visit NPHIC's [NIAM website](http://www.nphic.org)

<https://www.cdc.gov/vaccines/events/niam.html>