

The doctor-patient relationship influences health and well-being

Importance of primary care
Primary care physicians (PCPs) and their care teams are vital to an individual’s health, and the better the relationship, the more effective it can be. PCPs guide their patients through their health care journey – whether it’s getting preventive care, such as wellness checks and routine checkups to stay healthy, or disease management and referrals to specialists, if needed.

Partnering with a primary care provider ensures individuals have access to health education, disease prevention and healthy living options. Not only do these knowledgeable, highly-skilled care teams diagnose and treat both acute and chronic illnesses, they can provide advance care planning, care coordination, diagnostics, disease management, risk assessments, immunizations, preventive care, checkups, screenings and physicals.

A dedicated care team
All primary care services are managed by physicians and advanced practice providers (APPs), such as physician assistants or nurse practitioners. They rely on other health professionals for consultation or referrals to best serve the healthcare needs of the entire family.

What to look for
In selecting a PCP, look for one you can communicate well with to create a professional relationship with and trust. Look for a PCP who takes the time to inquire about your personal and family life before discussing your condition and health. Your PCP should answer questions thoroughly and in a

way you can understand. Other things to consider in selecting a PCP:

- **Specialty area** – Are you looking for a family physician, an internal medicine physician or pediatrician?
- **Expertise** – Do you have a chronic illness or risk factors that would lead you to request a physician with advanced training or expertise in a particular area?
- **Location** – Convenient location can be crucial to having a valued and effective relationship with your primary care physician.

Establishing a long-term relationship with a PCP who gets to know you can help ease your way if you encounter health issues in the future.

Research shows that having a PCP is associated with positive health outcomes in the short-term as well as long-term because they cover all types of everyday health concerns and also look at preventing future disease or progression of a disease. They can also catch potential health problems early before they become severe. Studies show that people who have a PCP spend less time in the hospital and less money on medical costs in the long run.

OSF HealthCare Saint Anthony’s Health Center and OSF Medical Group are welcoming new patients at all three primary care offices in the Riverbend area –the main campus of OSF Saint Anthony’s and the clinics in Godfrey and Bethalto. Learn more and find a provider at osfsaintanthonys.org/visittoday.



Your partner in health

Whatever your basic health care needs, your primary care provider gives you a familiar face, with the expertise you can trust.

Services include:

- Illness diagnosis and treatment
- Immunizations
- Screenings and annual checkups
- Specialty referrals
- Testing, lab work and much more...

OSF Medical Group – Primary Care
#2 Saint Anthony’s Way, Ste. 205 | Alton | (618) 462-2222
404 W. Bethalto Drive | Bethalto | (618) 377-6410
6702 Godfrey Road | Godfrey | (618) 467-1520

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