

# Primary Care Providers Keep You Healthy and Take Care of You When You Get Sick

Transition Skills, Tips & Tools  
Primary Care Providers



1. Like a car, your body needs regular checkups.
2. It is important that one health provider helps take care of all your basic health needs and not just a part of your body, like many specialists do.
3. Primary care providers (PCP) help you in many different ways:
  - They teach you how to keep yourself healthy.
  - They oversee all of your health care, including preventative care, and will help direct care and services.
  - They can treat you before health problems become serious.
  - They help you prevent illnesses and secondary disabilities.
  - They refer you to specialty care when you need it.
4. Staying healthy can make it easier to do the things you enjoy.
5. Talk to your PCP about:
  - What works best for you.
  - Ways to make the exam or treatment easier for you by sharing your special interests, activities and routines.
  - If you are more at risk for infections, you might want to ask to wait in a special area.
6. Ask your PCP for a written care plan to help guide your care and coordinate with others.
7. Ask your PCP to help write a portable medical summary to help you inform all your providers. Your medical summary can be helpful with transitioning your care to your adult PCP and specialists.

## We're here to help.

To learn more about the Division of Specialized Care for Children's programs and services, check out our website at: [dsc.uic.edu](https://dsc.uic.edu)

