



Choose a PCP and you'll have a doctor in your corner

A primary care physician (PCP) is your health guide—someone who can help coordinate your care and supports you in achieving your best health.

Your helping hand in health care

When you enroll in UnitedHealthcare Navigate®, you'll need to select a network PCP* for you and each covered family member. As the doctor who may know you best and the first person you call with medical questions and issues, your PCP can help you by:

- Getting to know your health history and health goals
- Providing routine care, such as annual checkups, which may help identify potential health issues earlier
- Advising you when to see a specialist and providing referrals**



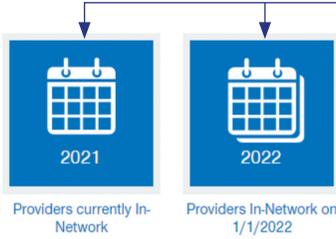
Follow these steps to choose your PCP

- 1 Go to uhc.com/providersearch. Select the **Medical Directory** tile, followed by the **Employer and Individual Plans** tile. If you're asked "Are you a current UnitedHealthcare member or are you shopping for a health plan?" choose the **Shopping Around** tile. Next, scroll down the list and select **Navigate HMO/Navigate Balanced HMO/Navigate Plus HMO**.

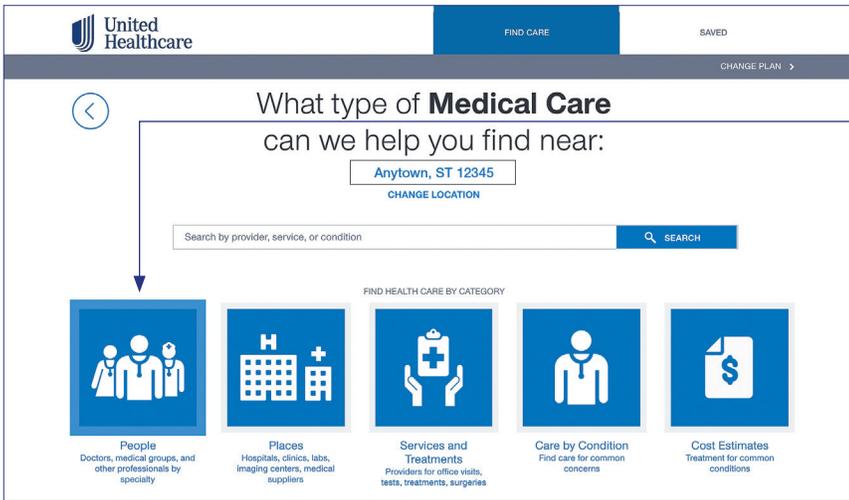
*Your PCP must be a general practice physician, family practice physician, pediatrician or internal medicine physician.

**Without a referral, your costs may be a lot higher or they may not be covered at all.

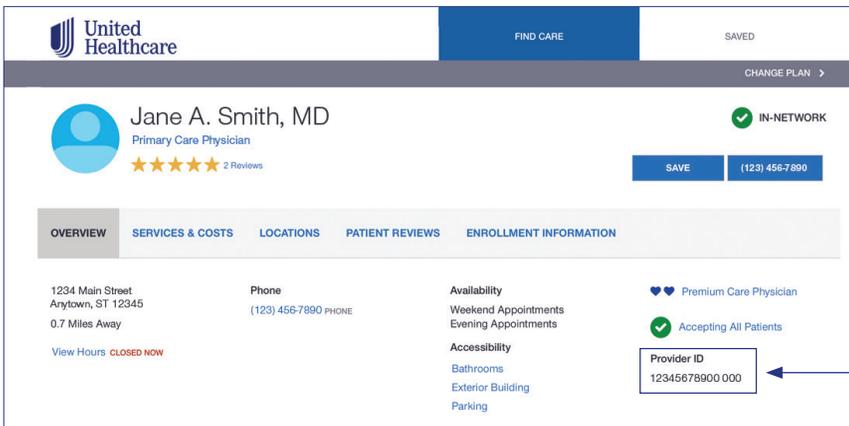
When will you be receiving care?



- 2** Select the calendar tile that corresponds to the year in which you're seeking care. Then, enter your location/zip code to search providers near you.



- 3** To browse the list of providers within the network, choose **People > Primary Care > All Primary Care Providers**.



- 4** From the provider listing, click on the name of the PCP you'd like to select. Find and write down the 14-digit Provider ID number. The first 11 digits of the number are the PCP ID (MPIN). The last 3 digits of the number are the address/location code. You will need to include this information when you enroll.

Questions?

Visit myuhc.com.