

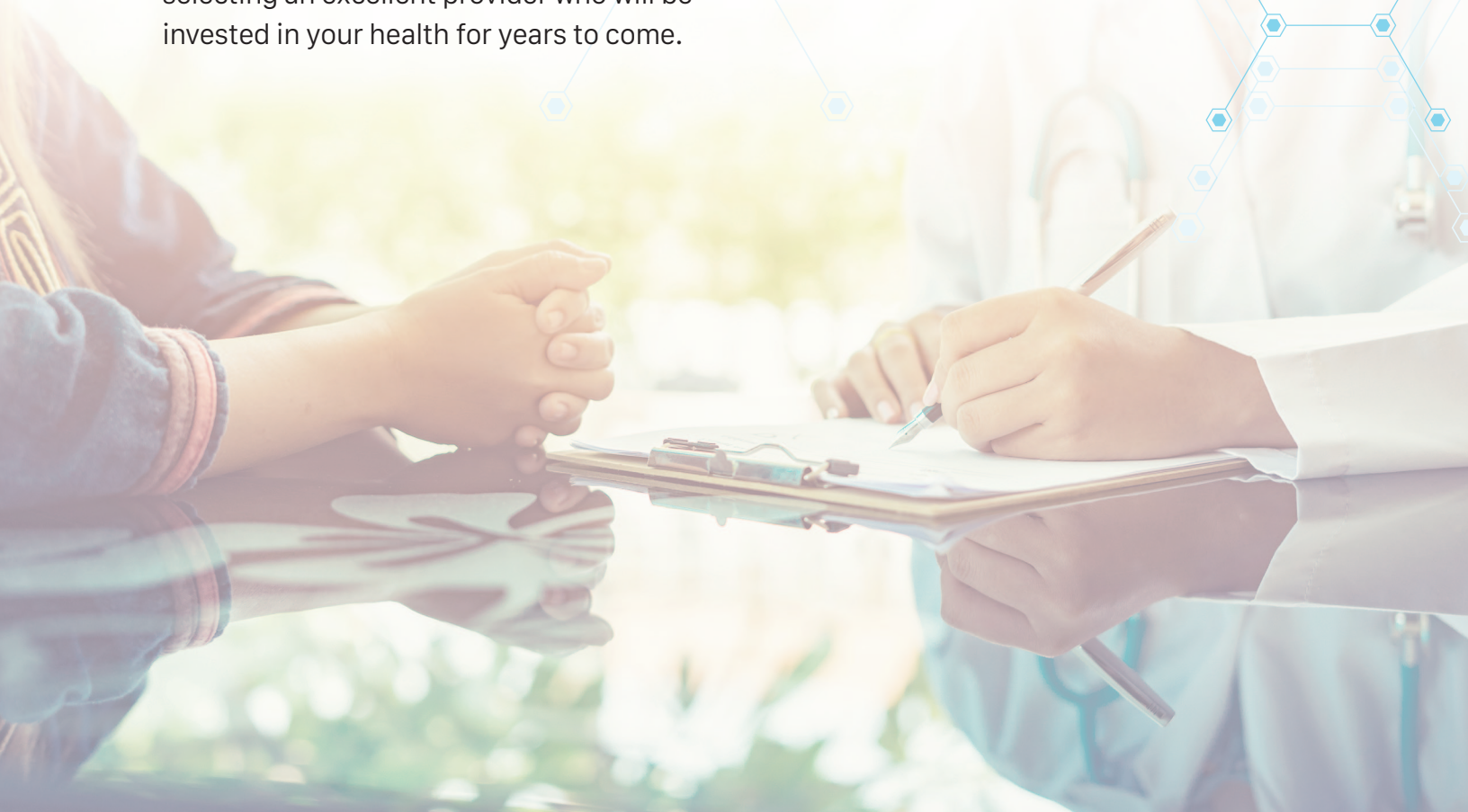
# 10 *tips* FOR *Choosing* a PRIMARY CARE **Provider**



# FINDING *the Right* Care Team

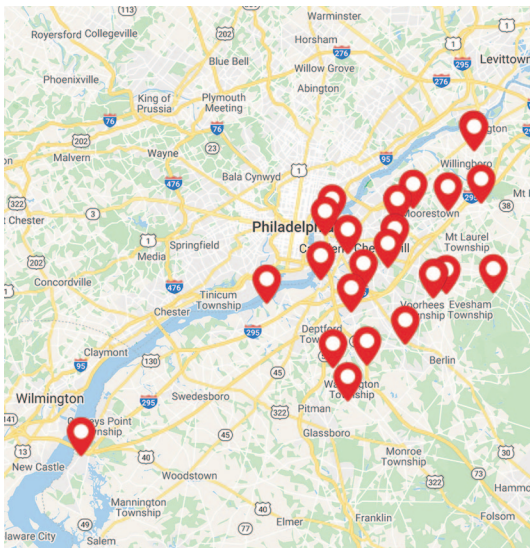
**T**he best way for you and your family to stay healthy is to follow a healthy lifestyle that includes seeing your primary care provider regularly.

If you are looking for a new primary care provider, these 10 tips will assist you in your search. We at Cooper want you to feel confident in selecting an excellent provider who will be invested in your health for years to come.





# COOPER PRIMARY CARE PRESENTS 10 TIPS FOR CHOOSING A PRIMARY CARE PROVIDER



## 1. Location

As they say in real estate, the most important consideration is “location, location, location.” This also applies when selecting a primary care provider. You want care that is convenient, whether it’s an emergency or a standard wellness visit.

Most people prefer a location that is close to work or home. If you’re responsible for the care of your kids and/or parents, you can choose a location that’s close to the entire family—likely one that’s near your home.

*At Cooper, we have more than 20 convenient primary care locations throughout South Jersey. For a list of our locations, [click here](#).*



## 2. Availability

In today’s on-demand world, you’ll need a provider who fits your schedule, not the other way around. At a minimum, be sure that your provider offers availability at times that are convenient for you—whether that means early mornings, nights, or weekends. It’s also important to know how your provider handles emergencies that occur after hours.

*At Cooper, we offer flexible patient hours and availability across our network to fit any schedule, including early morning and evening hours.*

*continued*

COOPER PRIMARY CARE PRESENTS  
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### 3. Insurance

Many people select their primary care provider based solely on who accepts their insurance coverage. Although you definitely want a provider who accepts your plan, it's important to consider other factors, such as location and availability. To find out which providers accept your insurance plan, visit your insurance company's website for a list of providers and specialists in your network.

*At Cooper, our hospital and outpatient offices accept all major plans, including Medicare and Medicaid. For a complete list, [click here](#).*



### 4. Type of Practice

Did you know that there are typically two types of primary care practices? Knowing the difference between internal medicine and family medicine will help you to find the provider who's the best fit for your needs.

- **Internal Medicine:** Internal medicine physicians care for patients who are 18 years and older. This is a great choice if you're searching for care for yourself, your spouse, or your parent.
- **Family Medicine:** Family practice physicians care for patients of all ages, from newborns to the very elderly. This type of practice is ideal if you have children because the entire family can stay with the same practice.

*At Cooper, our primary care team includes both internal medicine providers (internists) and family medicine providers (family doctors).*

continued





## 5. Coordinated Care

Select a provider who can best coordinate your care with access to a complete network of quality specialists. At some point, often when you least expect it, you may need to seek treatment from a medical specialist, such as a cancer doctor, an orthopedic surgeon, or a cardiologist. Therefore, it is important to have a primary care doctor who can easily connect you with the right experts.

*Cooper's expertise sets us apart. As the leading academic health system in the region, our physicians train the next generation of medical professionals at Cooper Medical School of Rowan University. Cooper employs more than 650 physicians practicing in 75 specialties—that's complete, coordinated health care for you.*

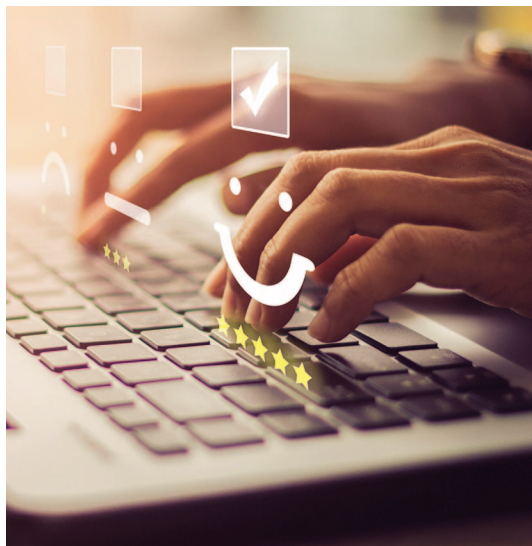


## 6. Wellness & Safety

As the COVID-19 pandemic has reminded us, it is important to choose a primary care provider who focuses on safety and puts your health first.

Make sure that your provider is following all current CDC guidelines for distancing, rigorous cleaning and disinfecting of the office space, and appropriate use of masks by staff and providers.

*At Cooper, we earned the 2020 Patient Safety Excellence Award from Healthgrades—the second year in a row. Cooper is the only health system in South Jersey to receive this award for delivering the safest and most effective medical care.*



## 7. Referrals & Reviews

When selecting a primary care provider, a great place to start is by asking your friends and relatives for recommendations. Ask questions to ensure that the provider they recommend will be a good fit for you.

Another great way to learn more about a provider is by reading online reviews. A website such as Healthgrades is a helpful reference for overall provider ratings and patient feedback.

*At Cooper, our award-winning team of providers are leaders in providing expert care in South Jersey. For ratings and reviews, visit their profiles on Healthgrades.*



## 8. Provider's Gender

As a matter of personal preference, some people feel more comfortable choosing a provider of the same gender while others prefer the opposite gender.

Regardless of your preference, it's important for you to feel comfortable with your provider so that you can share intimate details of your health.

*At Cooper, our primary care team includes expert male and female providers who reflect diversity in age, racial background, and sexual orientation.*



## 9. Communication Tools

With your busy life, staying connected to your health care provider is important and may be easier than you think.

If you have easy access to a smartphone, the provider you choose may be able to confirm and change appointments, send reminders, fill prescriptions, and provide access to your medical records.

*At Cooper, you can easily stay connected with your Cooper providers and health records through a secure myCooper account.*



## 10. Set a First Appointment

As with test driving a car, all of the research in the world can't stand in for the actual experience. The same can be said for seeing a new primary care provider.

Schedule an initial appointment and see how you enjoy the experience. Was the office comfortable? Was the location convenient? Was the staff approachable? Most importantly, did you like the provider? If all went well, you're all set! However, if something didn't meet your expectations, don't be afraid to make a switch. Your health is important!

*At Cooper, we have an expansive network of providers across more than 20 primary care locations. With so many options, it's easy to see the provider of your choice. To schedule your first appointment, [click here](#).*





## Primary Care for the Entire Family

**W**hen it comes to your family's health and well-being, trust Cooper Primary Care. Our expert physicians provide a wide array of health care services for patients of all ages at more than 20 offices that are conveniently located throughout South Jersey.

With a variety of convenient scheduling options meant to meet the needs of busy families, Cooper Primary Care offers easy access to a lifetime of health for those you love most.

### ***Primary Care Services Include***

- Physical and wellness exams
- Sick visits
- Pediatric care
- Weight management
- Management of chronic conditions
- Preventive health and wellness screenings
- Specialist referrals

**Request an Appointment:** Call **800.8.COOPER** (800.826.6737), or **Request an Appointment online.**

