

## READ ME FIRST

**Seeing a PCP regularly** is important for many reasons, at any age and even when people are healthy. If you or someone you know needs help finding a primary care provider, use the Find a Doctor tool at <https://www.excellusbcbs.com/find-a-doctor>.

### Here are some ways you can support your employees this month:

- Encourage all employees to see their PCP annually for a well visit.
- Make sure your time off policies cover employees' seeing their doctors and communicate this policy regularly to encourage employees to seek recommended preventive care.
- Share the materials in the resources file with employees.
- Encourage employees to delegate a health care proxy in case of sudden illness or for end-of-life care – see <https://www.excellusbcbs.com/health-wellness/advance-care> for information.

### Here are some additional resources:

- Centers for Disease Control and Prevention (CDC): [Health Literacy](#)
- Centers for Disease Control and Prevention (CDC): [Strategies for a Healthy Spring Infographic](#)
- American Academy of Family Physicians (AAFP): [What Is Primary Care](#)