



DO YOU HAVE A

Primary Care Provider?



It's Time for Preventive Screenings.

It's not too late to contact your Primary Care Provider to schedule your 2021 annual physical exam and preventive screenings. Changes in how provider offices schedule patients, and a greater understanding of what can be done to prevent the spread of disease has made it more comfortable to visit a provider's office.

Don't delay – schedule your annual preventive exam now!

Your Primary Care Provider (PCP) is the best place to start when you need any type of medical care. A PCP provides preventive care, diagnoses illness and disease, and helps you navigate to the right specialist when necessary. Your PCP helps you concentrate on staying healthy.

DO YOU NEED A PCP?

Contact your health plan to help you find a PCP.

Blue Cross and Blue Shield Members

Call: 888.966.7742 **or visit:** www.bcbsnm.com/nmpsia

Cigna Members

Call: 800.244.6224 **or visit:** <https://my.cigna.com/web/public/guest>

Presbyterian Health Plan Members

Call: 888.275.7737 **or visit:** <https://www.phs.org/health-plans/employer-plans/Pages/new-mexico-public-schools-insurance-authority.aspx>

