



Broward County Government Newsletter

October 2019

Volume 2, Issue 10

Community Care Plan, “the health plan with a heart”

October is National Primary Care Week

What is Primary Care?

Primary Care includes the treatment of wellness, common sicknesses, and sickness prevention services. A primary care provider (PCP) is a doctor that gives you advice about a wide range of health needs. A PCP is usually your doctor for a long time. They may also coordinate your care with other specialist doctors (i.e. cardiologist). You should see a PCP every year.

A PCP can be one of the following:

- Family Medicine Doctor
- Internal Medicine Doctor
- Pediatrician

Why is having a PCP important?

Having a PCP can help you manage your chronic conditions, help prevent disease, and detect and treat any health issues early.

Some of the care a PCP can give you include:

- Flu shots
- Blood Pressure Screenings
- Cancer Screenings

The PCPs may have Physician Assistants or Nurse Practitioners that you can also see for care in the office.

At CCP, you can change you or your child's PCP at any time.

Not sure who is your PCP?

Call Member Services at 1-866-224-5701.

Flu Shots

Everyone six months or older should get a flu shot every year. Before the age of two, children need two doses of the flu shot. It takes about two weeks after getting the flu shot for your body to build up antibodies to protect you against the flu. The CDC recommends that by the end of October everyone should have their flu shot.

Talk to your child's doctor about getting the flu shot this October at no cost. Adult CCP members can visit CVS pharmacy to receive their flu shot at no cost.

Sources: www.healthcare.gov/glossary/primary-care
www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources/access-to-primary
www.cdc.gov/flu/prevent/vaccinations.htm

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST. For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-224-5701 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.