

Frederick Health Primary Care

A Better Approach to Your Healthcare

Why do you need a primary care provider?



Access to primary care helps people live longer, healthier lives¹, and patients who regularly see primary care providers have lower healthcare costs overall.²

Our providers are here to help you maintain a healthy lifestyle, no matter your healthcare needs.

- ✓ *Comfort and familiarity*
- ✓ *Annual exams and vaccines*
- ✓ *Fewer Emergency Department visits*
- ✓ *Preventive care*
- ✓ *Chronic disease management*

¹. Source: ncbi.nlm.nih.gov/pmc/articles/PMC2690145/#b62

². Source: hrsa.gov/advisorycommittees/bhpradvisory/cogme/Reports/twentiethreport.pdf

Call 240-215-6310 to find a primary care provider today, or visit frederickhealth.org/PrimaryCare





With Frederick Health Primary Care, you'll have...



Accessible and efficient care, with shorter wait times, convenient locations, same-day appointments, and 24/7 telehealth access.



A commitment to quality and safety through evidence-based medicine and clinical support.



A comprehensive team of care providers—including physicians, physician assistants, and nurse practitioners, plus coordination with Frederick Health Medical Group's wide array of specialties—for prevention, wellness, acute care, and chronic care.



Coordinated and open communication across all parts of the broader health system, especially during transitions between sites of care.



A patient-centered approach that gives you the education and resources to make smart decisions and become an active participant in your own care.



Personalized care that addresses your health concerns and needs.



Support and encouragement, with guidance via phone, email, or text from your care team to help you meet your goals.

As our patient, we'll encourage you to ask questions, share your concerns, and take an active role in your care. We want you to leave your visit with a clear understanding of your health, next steps, and goals for your care.