

# Primary Care Guide Texas



## What is Primary Care?

A primary care doctor or PCP helps you manage your overall health. They provide services like:

- Well visits (preventative exam) and physicals
- Immunizations
- General health and illness treatment
- Recommend specialists for complex needs
- Women's health such as OB-GYN services

There are five types of primary care doctors, including:

- Internal medicine doctors
- Pediatricians
- Family medicine
- OB-GYNs
- Internal medicine-pediatric doctors

Whether it's that nagging head cold that won't seem to go away or that weird lump you've been meaning to get checked out, we've got you covered. Many plans come with \$0 primary care visits\* in addition to your annual wellness visit.

## Finding a Primary Care Doctor:

Finding a doctor with Friday Health Plans is easy. All you need to do is visit the provider search at [carenavigator.fridayhealthplans.com](https://carenavigator.fridayhealthplans.com). Find one near you with these easy steps:

1. Input your location (state and physical location such as city or Zip Code).
2. Search by "Doctors by specialty" or "Places by type" and type in primary care doctor by type (i.e., family medicine, OB-GYN, etc.). You can do an "Advanced Search" and narrow your results by search area, "Accepting New Patient," or "Show Primary Care Providers." You can also select "Find Primary Care" under "Explore and learn more."
3. Once you've found a doctor who seems like a good fit, you can find their contact information on their profile to set up an appointment.

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In Texas, Friday has many primary care options, and add new doctors often. Be sure to check the provider search to see new additions.

**Currently, the  
numbers in  
Austin are:\*\***

**346**

## Teladoc: Telehealth Option:



Talk to a doctor for free 24/7 via video or phone for non-emergency situations. Skip the wait and get your injury or sickness addressed fast.

Visit [teladoc.com/fridayhealthplans](https://teladoc.com/fridayhealthplans) and set up or login to your account. Select "Get Care Now" to schedule your visit.



phone: 844.451.4444

email: [questions@fridayhealthplans.com](mailto:questions@fridayhealthplans.com)

*\*On Silver, Gold, and some Bronze Plans come \$0 unlimited primary care visits. Catastrophic Plans come with three free visits.*

*\*\*As of March 25, 2022*