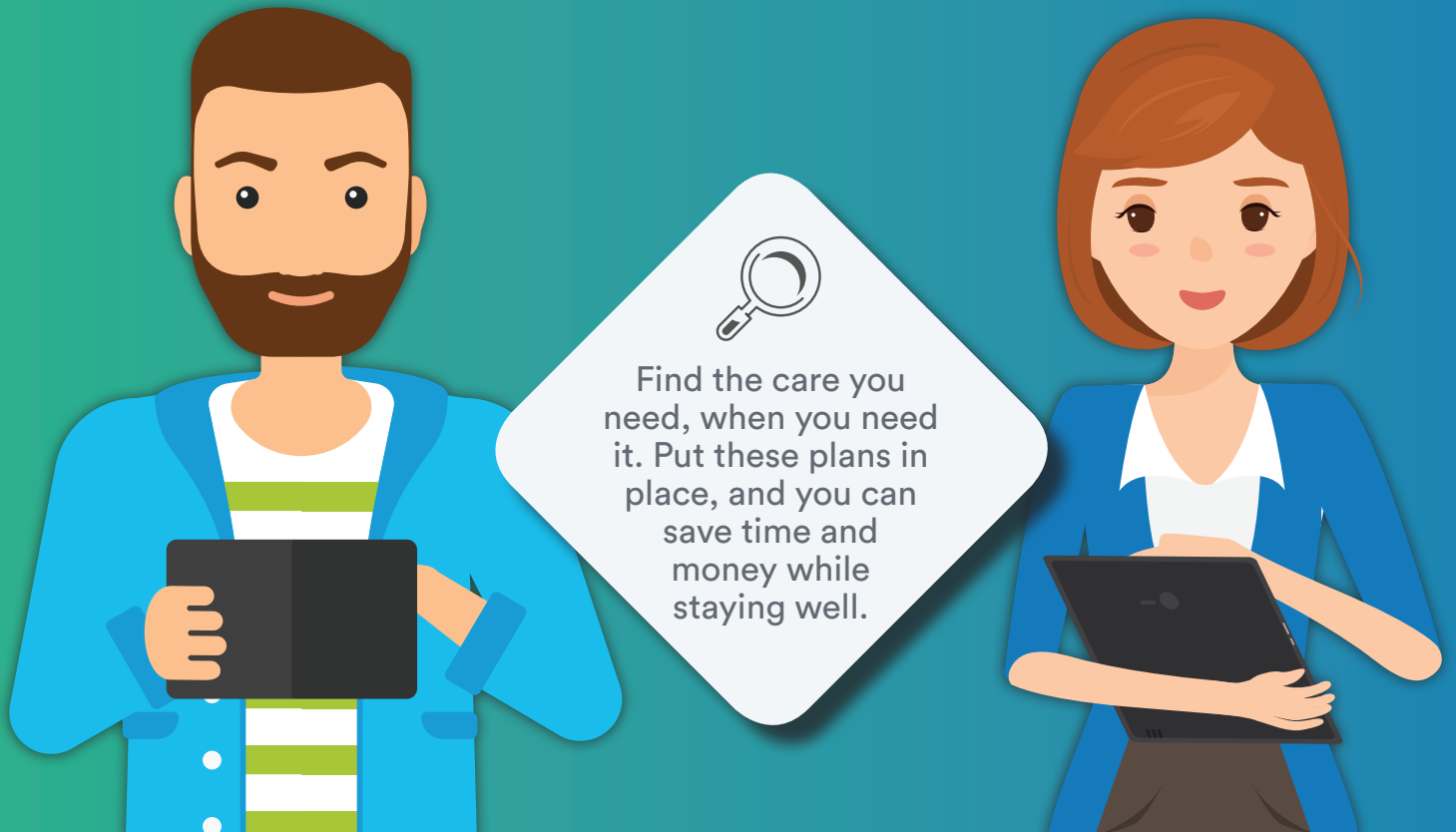


Take Charge of Your Health

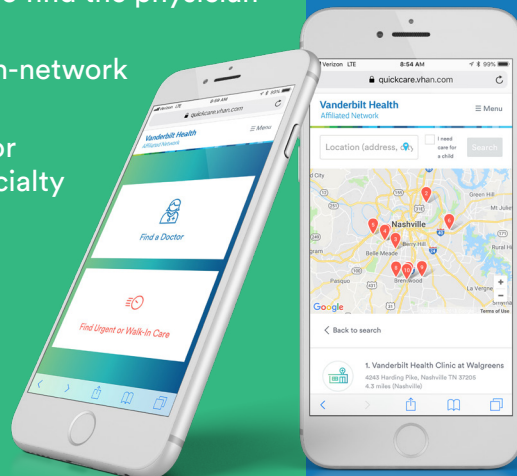


Plan A: Find a Primary Care Provider (PCP)

A PCP is your first call when you get sick or need a screening or test. Your PCP is someone you can trust who knows your needs and works with you to meet your health goals.

Use VHAN.com/findaprovider to find the physician right for you.

- Search our complete list of in-network primary care providers
- Choose “internal medicine” or “family medicine” as the specialty to find a PCP
- To find care for a child, choose “Pediatric Primary Care”



Plan B: Make Smart Choices for Quick Care

Have an urgent need that can't wait? If you can't see your current PCP or you haven't found one yet, visit QuickCare.VHAN.com to search more than 110 walk-in and urgent care clinics across Tennessee and southern Kentucky.

Visit Quickcare.vhan.com on your phone when you or your child need care now.

- Search by location for the nearest walk-in and urgent care clinics
- Click to call any clinic for more information and access directions
- Choose from more than 110 options across Tennessee and surrounding states