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ESTABLISHING A PRIMARY CARE PROVIDER

Establishing a primary care provider (PCP) is an important step in managing your health and ensuring you have a go-to professional for your medical needs.



Here is a step-by-step guide to help you establish a PCP:

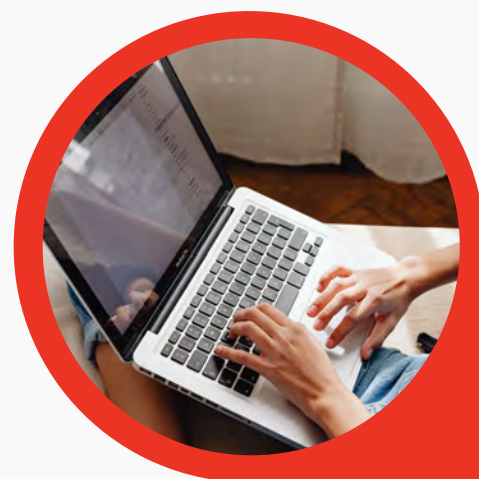
1. **Understand Your Needs:** Consider what type of primary care provider you need. This could be a family medicine doctor, an internist, a pediatrician (for children), or a geriatrician (for older adults).
2. **Check Your Insurance Network:** Review your health insurance plan to see which providers are in-network. This will help you avoid higher out-of-pocket costs.
3. **Get Recommendations:** Ask friends, family, or colleagues for recommendations. You can also consult online reviews and ratings for additional insights.
4. **Research Providers:** Look into the credentials, experience, and specialties of potential providers. Many clinics and hospitals have websites with provider profiles.
5. **Consider Location and Accessibility:** Choose a provider whose office is conveniently located and has office hours that fit your schedule.
6. **Schedule a Visit:** Once you've narrowed down your choices, schedule an initial appointment. This is an opportunity to meet the provider, discuss your health history, and see if you feel comfortable with them.
7. **Prepare for Your Appointment:** Bring your medical history, a list of current medications, and any questions or concerns you have.
8. **Evaluate the Experience:** After your visit, consider whether the provider listened to you, addressed your concerns, and made you feel comfortable. If not, it's okay to look for another provider.
9. **Transfer Medical Records:** Once you've chosen a PCP, arrange to have your medical records transferred from your previous provider, if applicable.
10. **Schedule Regular Check-Ups:** Establish a routine for regular check-ups and follow-ups to maintain your health and build a relationship with your PCP.

By following these steps, you can establish a primary care provider who meets your healthcare needs and preferences and can support you along your personal health journey.

BENEFITS DID YOU KNOW:

MMO Provider Directory

While it's important to find the right PCP for your healthcare needs and preferences, it's also important to find providers that are right for your finances. **Using in-network providers can help you minimize any out-of-pocket costs.** Follow the steps below to access the MMO Provider Directory to find covered doctors, hospitals and other providers in your MMO network.



How to use the Provider Directory Tool:

1. **Click here** to start your provider search, or [log in to your My Health Plan account](#).
2. **Follow the prompts** on the Get Started page. Answer a few quick questions about your medical plan and location to help narrow the search to in-network providers near you.
3. **Search for the care you need** by provider name, provider specialty, location name, or location type.
4. **Finding an in-network provider is that easy!**

[Click HERE to start your provider search](#)



STRAWBERRY CHIA GRANOLA BARS

Ingredients

- 1 ½ cups rolled oats
- 1/4 cup oat flour
- 1/4 cup chia seeds
- 1 ½ cups freeze-dried strawberries, crushed
- 1/3 cup coconut oil, melted
- 1/3 cup coconut oil, melted
- 1/2 cup pure maple syrup
- 1/2 cup raw cashews
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1/4 cup white chocolate chips melted with 1 tsp coconut oil

Instructions

- Preheat oven to 300°F. Line an 8x8 pan with parchment paper.
- In a blender, pulse your oats and cashews for 30 seconds until chopped. Transfer them to a bowl with the oat flour, chia seeds, 1 cup of the crushed freeze-dried strawberries and salt.
- In a separate bowl, whisk together the melted coconut oil, maple syrup and vanilla extract for at least 1 minute until it thickens.
- Pour the wet mixture into the dry ingredients and stir together until a sticky batter forms.
- Transfer the mixture into the prepared pan and press it down. Bake for 25-30 minutes, until the edges are golden brown. Remove and let cool for at least one hour.
- Once cooled, drizzle the melted white chocolate over the bars and top them with the remaining ½ cup freeze-dried strawberries.
- Gently slice into 10-12 bars using a large, sharp knife. Once the white chocolate hardens, store them in an airtight container in the refrigerator for up to 2 weeks.



Source: [Something Nutritious: Strawberry Chia Granola Bars](#)

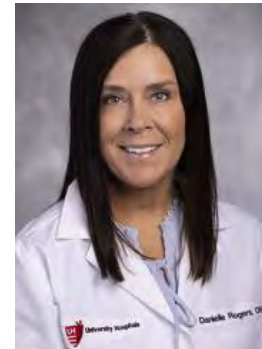
DANIELLE ROGERS, CNP

Danielle Rogers, MSN, APRN, FNP-BC, is a board-certified family nurse practitioner at University Hospitals Willoughby Internal Medicine. Rogers provides comprehensive care to individuals of all ages with a specialized focus on primary care, preventive health and health promotion.

After obtaining a Bachelor of Science in Nursing from Indiana Wesleyan University in Marion, Indiana, Rogers went on to earn a Master of Science in Nursing with a focus on family medicine from Chamberlain University in Addison, Illinois. Throughout her career in healthcare she has acquired a strong foundation of knowledge and skills to effectively diagnose and treat a wide range of medical conditions.

Rogers is a member in good-standing of multiple professional organizations including the American Association of Nurse Practitioners (AANP), the Ohio Association of Advanced Practice Nurses (OAAPN), the American Nurses Association (ANA) and the Society of Gastroenterology.

Committed to empowering her patients by educating them about their health and involving them in the decision-making process, Rogers provides exceptional healthcare services to her patients with a focus on compassion, professionalism and evidence-based best practices. She strongly believes in building a trusting and collaborative relationship with her patients and strives to create a supportive and comfortable environment where they feel both heard and valued.



Welcoming New Patients

Call 440-953-6294 to schedule an appointment today.





HEALTH COACH INFORMATION

APRIL 2025

All Mentor Public Schools employees are invited to utilize the free Health Coach services, including:



1:1 HEALTH COACHING

125 PERSONIFY HEALTH POINTS

Meet 1:1 with Health Coach Bridget Evans to discuss anything related to physical health, emotional health, or goal setting.

If you're not sure where to start, don't worry - you'll work together to figure out a plan!



WEBINAR: HEALTHY TECHNOLOGY

4/17 at 11:30am (30 mins)

Realign with technology, so it supports our shared well-being and ability to tackle challenges. Participants will develop a plan for controlling the use of technology, so it boosts our well-being and productivity.



OUTDOOR SPRING WALK

4/30 at 3:00pm (30 mins)

Let's get some winter movement! Join us at Veteran's Memorial Park for a 1.5 mile walk around Cardinal & Swamp Forest Loop.



Learn More & Sign Up: mentorschoolshealthcoaching.com

Questions? Email Bridget Evans: bevans@wellnessiq.net