Prevention and Primary Care During COVID-19 and Beyond

November 17th, 2020
Welcome!

**Moderator:**
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WorkWell NYC

**Presenter:**
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Chief of Ambulatory Care  
NYC Health+Hospitals / Kings County
Today’s Agenda

• Who is a primary care provider and why do you need one?

• The role of a primary care provider in your overall health plan

• How to find a primary care provider that is right for you
Who is a Primary Care Provider?

A Physician, Nurse Practitioner or Physician Assistant. They focus on keeping you healthy through:

- Prevention
- Controlling chronic illnesses
- Treating minor acute illness
- Helping you get the right care from specialty services
What Can Having a Primary Care Provider Do For Me?

Short Answer:
A Primary Care Provider (PCP) is an expert partner to work with to help you be your healthiest self.
But What is My Healthiest Self?

Being able to do what I love today and tomorrow
Can I Still Have A Regular Appointment?
I Feel Fine – Why Bother?

**Emergency Care:** short-term plan for an acute problem

**Primary Care:** long-term plan for optimal health
Controlling Illness

- High blood pressure
- Diabetes
- High cholesterol
- Asthma
- Common psychological conditions:
  - Depression
  - Anxiety Disorder
  - Alcohol/Substance Use Disorder
Preventing Illness

Big priorities for adult primary care:

- Heart disease
- Stroke
- Cancer
How Do We Prevent Disease?

Control chronic conditions
How Do We Prevent Disease?

Vaccination:

- Flu
- Pneumonia
- Tetanus
- COVID-19??
How Do We Prevent Disease?

Early detection (screenings)
How Do We Prevent Disease?

Healthy behavior
How Do We Prevent Disease?

Early detection – cancer
How Do We Prevent Disease?

Non-cancer illnesses:
- Depression
- Diabetes
- Hepatitis C
- High blood pressure
- High cholesterol
- HIV
- Osteoporosis
- STIs
#1 Killer in Men

Heart disease is the leading cause of death for males.

80% of heart attacks relate to a preventable condition such as high cholesterol, high blood pressure, or diabetes.
#1 Killer in Women

Women & Heart Disease

Heart disease and stroke kill 1 in 3 women...

...but 80% of the deaths are preventable.

Source: American Heart Association
Adults with a primary care provider have 19% lower odds of premature death than those who only see specialists.
Finding a PCP

1. Through your insurance plan: [nyc.gov/hbp](http://nyc.gov/hbp)
2. NYC Health+Hospitals: 1-844-NYC-4NYC
3. Ask your friends!

Health Plan Websites

Use the links below to visit your health plan where you will be able to find an in-network doctor, urgent care center, lab or pharmacy.

Learn more about MetroPlus Gold for City Employees. Now available in all 5 boroughs! Play the video

NOTE: Hospitalization coverage for GHI CBP is underwritten and administered by Empire BlueCross BlueShield (EBCBS).

View the EBCBS Directory of participating NY, NJ, CT hospitals.
What Will It Cost Me?

- The City offers several plans with no yearly premium
- Low or no co-pays for primary care

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<th>Plan</th>
<th>Co-Pays</th>
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<tr>
<td>Emblem GHI-CBP</td>
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<td>Participating Provider: $15</td>
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<td>MetroPlus Gold</td>
<td>In-Network Provider: $0</td>
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Recommended screenings are generally no charge per the ACA.
When Can I Go?

- City employees are permitted to use their sick time for medical appointments (for themselves or their dependents)

- City employees can take up to 4 hours per year for cancer screenings (mammogram, colonoscopy, gyn/pap, etc.)

Please contact your HR/Personnel representative with any questions
Available Tools

• WorkWell NYC has tools to help you find a provider, prepare for appointments, and more!

• To download, visit nyc.gov/takeaction
Over 1.5 million New Yorkers have already gotten their flu shot this year – have you?

All employees, dependents, and pre-Medicare retirees eligible for New York City health benefits are covered to receive a flu vaccination at no-cost.
COVID-19: Free Testing Available

- Get tested regularly to help stop the spread of COVID-19
- Visit nyc.gov/covidtest or text “COVID TEST” to 855-48 to find a free testing site near you
Art is Life – Submissions Open!

• Calling all artists!

• Submissions accepted through November 27th

• To learn more visit on.nyc.gov/artislife
Join the ReNew Year Challenge

• 15-day mind-body challenge to help you commit to your physical and mental health and close the year on a high note

• Challenges runs from December 7th – December 21st

• Visit on.nyc.gov/renewyear to register
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