



Your first stop for care: Understanding your primary care provider

What is a primary care provider?

A primary care provider is the main doctor you go to for your healthcare needs. They help you stay healthy and care for you when you are sick. They ask about your past and current medical history and help manage your medical needs.

Why you need one

- Help when you are sick
- Do regular medical checkups
- Provide vaccines and blood work
- Help manage long-term health concerns
- Support your well-being
- Refer to specialists



When to visit

- Need a medical checkup or blood work
- Need medication refills
- Feel sick, but it is not an emergency, such as chest pain, trouble breathing, severe injury or bleeding, thoughts of harming yourself or others, etc.
- Have pain or symptoms for more than a few days
- Have concerns about stress or well-being



Resources

Bismarck

Northland Health Center
701-255-4242
701-415-7632

University of North Dakota
Center for Family Medicine
701-751-9500

Fargo

Family Health Care
701-271-3344

Sanford Health
701-417-2000

Essentia Health
701-364-8000

Grand Forks

Spectra Health
701-757-2100

Altru Clinic
701-780-5000

Depending on where you live, resources may vary.

How to prepare for a visit

- Bring your ID and insurance card
- Bring a list of your medications
- Bring medical records, as needed
- Be on time for the appointment
- Depending on your healthcare insurance, you may have a copay at the time of your appointment. Bring cash or another accepted form of payment.



How we help

Your health coordinator can help find a primary care provider. You may request an interpreter at no cost.

For more resources, visit

hhs.nd.gov/cfs/refugee-resettlement-program