

## **The 7 C's of a Good Primary Care Doctor**

Most of us think we should not consult a doctor until we are ill. But that does not help us to prevent illness. What we need is not a doctor for the bad days, but a health partner with the medical expertise to help us prevent disease, and then to manage illness and negotiate its associated social and lifestyle implications. That health partner would be our 'primary doctor' – the physician whom we always consult, the first medical opinion we seek when discomfort arises, the person we update if we get other healthcare.

Finding the primary doctor who best helps us is the most important first step in active health management. To help you on your search, here are the '7 C's' attributes of a good primary care doctor.

### **CHECKLIST FOR THE 7 C's OF A GOOD PRIMARY CARE DOCTOR**

- **Contact:** The first physician you turn to when you worry about your health.
- **Continuity:** You can envisage him/her being your primary health partner over your stages of life.
- **Comprehensive:** Will answer all questions on your health and related social issues and implications.
- **Care Manager:** Looks beyond the medical to take a holistic approach regarding your personal health.
- **Coordinator:** Links you to and speaks with medical specialists and care providers per your need.
- **Communicates:** Speaks with and listens to you to enable you to have the information to manage your health.
- **Counselling and Care:** Takes a genuine interest in your wellness, and is able to provide counsel and care or refer you to another professional.