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Henry Ford Physician Network
One Ford Place
Detroit, MI 48202



**HENRY
FORD
HEALTH**

Did You Know? Your GM ConnectedCare Health Plan option provides more than a dozen Urgent Care facilities

Henry Ford Health + GoHealth = more care options

Throughout 2023, more Henry Ford-GoHealth Urgent Care facilities, staffed by Henry Ford providers, will open. This gives you more options for receiving non-emergency care.

Walk in or go online to reserve a place in line at any of these facilities at henryford.com/sameday. You can also explore Henry Ford Video Visits on Demand.

**HENRY FORD
HEALTH**



GoHealth

URGENT CARE

Important numbers to remember

With your enrollment in the GM ConnectedCare Health Plan option, you can connect to care in a number of ways:

Henry Ford GM ConnectedCare Concierge Team: (844) 436-7637
Available Monday-Friday 7:30 a.m.-5:30 p.m. to help you find a provider or schedule an appointment.

Henry Ford MyCare Advice Line: (833) 262-1949
Staffed by nurses and supported by a physician on-call 24/7 for adult and pediatric medical advice. You have access to immediate guidance for unexpected health concerns at no cost to you.

Care Through MyChart: henryford.com/mychart
Henry Ford MyChart gives you access to your medical records and test results, and is also a way to communicate with your provider and schedule/conduct virtual visits. Sign up with your 8-digit medical record number (MRN). Don't know your MRN? Call the Concierge team at (844) 436-7637 for assistance.

Additional information can be found at henryford.com/GM.

Find Your Doc

Your GM ConnectedCare Health Plan option includes all Henry Ford Medical Group providers, plus hundreds of other Henry Ford Health-affiliated providers throughout Southeast Michigan. You can access this list through the ConnectedCare website at henryford.com/gm or by calling your GM ConnectedCare Concierge Team at (844) 436-7637.



Ounce of Prevention = Pound of Cure

It is always better to prevent a problem so it doesn't occur



Your GM ConnectedCare Health Plan option encourages you and your family to get the preventive care you need – such as your annual preventive physical, recommended screenings, blood tests, etc. – to stay on top of your game. Here are some of the ways you can do this:

Get a Primary Care Provider

Your primary care provider (PCP) can be a family doctor, internist or pediatrician. With their unique set of skills, they are often your first call if you need help with a health concern. Your PCP can help when:

- You twist your ankle and aren't sure if you need x-rays
- Your flu-like symptoms won't go away
- You have a sudden change in your health – migraine headaches, fatigue or any other non-emergency symptom
- You or a family member need to discuss mental health challenges and whether a behavioral health appointment should be scheduled

Your PCP helps you manage all aspects of your health, including most chronic conditions, and is responsible for providing you comprehensive care. With their expertise and knowledge of your health history, your PCP knows if you require testing, procedures or need to see a specialist. By staying connected with your PCP, you have an advocate who can help navigate the care you need for optimal health.

Is your college-aged or college-bound child up to date on all their immunizations? Have they had their annual preventive physical exam with their provider? Now would be a great time to get that appointment scheduled so that they are fully prepared to go to school in the fall.

If you or a family member needs medical care when outside the ConnectedCare service area, you are covered. Go to the nearest urgent care clinic or, if it is an emergency situation, the closest emergency room. Your care will be covered at Level 1.*

Virtually Amazing

With your enrollment in GM ConnectedCare, you can connect with your provider or an available primary care provider virtually through your Henry Ford MyChart. If you haven't yet set up your account, the Henry Ford GM ConnectedCare Concierge Team can help. Once this is set up, you can:

- Schedule a video visit with your PCP or a provider in select specialties**
- See an available PCP virtually, On Demand (24/7)
- Schedule your annual preventive physical with your Level 1 PCP*
- View test results
- Message your doctor or care team

* When you receive care from a ConnectedCare (Level 1) provider your care is covered at Level 1 benefits, resulting in lower out-of-pocket cost for you. When you receive care from a Level 2 or out-of-network provider, your GM Health Care Program covers less and you have higher out-of-pocket costs.

** While most providers have the technology to conduct virtual visits, some may not. Please check with your provider.

Give it a Whirl

Want to boost your health and have fun while doing it? Try a new – or revisit an old – activity this summer!



Dust off the golf clubs or tennis racket, check out the pickleball craze, get a good pair of walking shoes and start logging miles, or try something totally new for you. Whatever it is, make sure it's enjoyable and, of course, appropriate for your capabilities.

If you have not been active, please check first with your primary care provider before starting a new sport or activity.



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