

WHERE DO I GO FOR MEDICAL HELP?



Grossmont Healthcare District's
Health & Wellness Library

An East County community resource

DOCTOR/PRIMARY CARE PROVIDER

WHAT IS PRIMARY CARE?

- Services that focus on people, not diseases
- Services for prevention, health promotion, and rehabilitation throughout people's lifetimes

WHAT IS A CLINIC?

- An organized medical service offering diagnostic, therapeutic, or preventative outpatient services.
- You'll receive services from a doctor/primary care provider
- Usually smaller than hospitals and people do not stay overnight

COMMON TYPES OF MEDICAL CLINICS WITH PRIMARY CARE SERVICES:

- Private practices (ex: Office of Dr. Wong, MD - Family Medicine)
- Group practices (ex: Office of Dr. Shah, MD & Dr. Lane, DO - Internal Medicine)
- Corporately owned clinics (ex: Dr. Johnson, MD - Family Medicine through hospital medical group)
- Family health centers (ex: Dr. Garcia, MD - Pediatrics at local family health center)

OTHER SPECIALIZED TYPES OF CLINICS:

- Dental clinics
- COVID testing clinics
- Physical therapy clinics
- Mental health clinics

EXAMPLES OF WHEN TO SEE YOUR DOCTOR/PRIMARY CARE PROVIDER:

“I schedule a checkup with my doctor once a year to make sure I'm in good health.”

“I live in a remote area and currently don't have my car so I messaged my primary care doctor through my patient portal with questions and scheduled a virtual appointment with my primary care doctor for now.”

“I made an appointment with my primary care physician because I hurt my shoulder at the gym and haven't recovered in the last four weeks.”

