

MEMBER WEBINAR

JANUARY 2026

WED, 1/21 @ 2 PM

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PRIMARY CARE 101: *Why It Matters and How to Use It*

Learn why having a primary care provider is essential for preventive and ongoing care, how to choose and establish care with a provider, what to expect during an annual physical, which questions to ask to make the most of your visit, and when to schedule routine and age-based screenings to stay on track with your health.