

Types of Providers

For Medical Care

Primary Care Provider: Your primary care provider, or PCP, is the main person you go to for most of your health care needs. Your PCP can be a doctor, nurse practitioner or physician assistant. You visit your PCP to stay healthy, like for your annual checkup, or if you have non-emergency health problems. Your PCP helps keep track of your care and can send you to other doctors if you need more help.

Family Practice Provider: A family practice provider, also known as a family physician or family medicine doctor, is a type of provider who takes care of people of all ages, from babies to older adults. Family practice providers can help with many health needs. Some help with pregnancies and can even deliver babies, while others may refer you to an obstetrician or midwife for specialty pregnancy care.

Obstetrician: An obstetrician (OB) is a medical doctor who helps people during pregnancy, childbirth and after the baby is born. They are trained to handle complications that might happen during pregnancy and delivery and have expertise in high-risk pregnancies. Obstetricians can take care of complex medical issues, multiple pregnancies and can perform surgeries like C-sections if needed.

Midwife: Similar to an OB, a midwife is specially trained to provide care during pregnancy, childbirth, and after the baby is born. Some midwives are nurses with extra training (called certified nurse-midwives), while others have special training to become certified midwives or certified professional midwives. Midwives usually focus on lower-risk pregnancies and prefer to use natural methods. Midwives partner with obstetricians or may transfer care to obstetricians if a pregnancy becomes high risk.

Pediatrician: A pediatrician is a doctor who takes care of babies, children, teens and young adults. They help with all stages of growing up and provide checkups to keep kids healthy, as well as treat illnesses.

Depending on what you and your baby need, you might also see other doctors, like a maternal fetal medicine doctor or a neonatologist. Your primary care provider, OB or midwife will help you understand any other specialists involved in your care.

For help with moods and feelings, depression or anxiety, you might want to see a mental or behavioral health specialist:

Therapist: A therapist is a general term for professionals like counselors and social workers. They are trained to help people with mental health concerns, relationship issues or life challenges.

Psychologist: A psychologist is a type of therapist who has a doctorate in psychology. Besides talking to people about their feelings, psychologists can diagnose mental disorders and give tests to understand them better. They usually do not give out medication.

Psychiatrist: A psychiatrist is a medical doctor who specializes in mental health. They are trained to treat a wide range of mental health needs, including depression, anxiety, schizophrenia and substance use. Psychiatrists may prescribe medication in addition to providing psychotherapy.

Questions? Call (414) 337-BABY (2229) or email us at healthymomhealthybaby@chorushealthplans.org.

