

Social Media Kit

Help Encourage Patients to Establish Care with a Primary Care Provider

Our Social Media Kit empowers you to share the importance of Primary Care with your current and prospective patients.

In this kit, you'll find a collection of ready-to-use social media content. We encourage you to use these materials across your social media platforms to raise awareness about the importance of partnering with a Primary Care Provider.

The images are sized for both Facebook and X. You are welcome to use the png files as is. Or, if you would like to incorporate your organization's logo, we have provided the native Illustrator files or can assist you with customizing the images. Here's how to make the most of this kit:

Caption It: Choose from our selection of ready-to-use captions that effectively convey the message of support and highlight the ease of finding help with CommunityRelay.com or feel free to customize them to match your unique voice and style.

Grab Their Attention: Help catch the eye of your followers. Select the visuals that resonate with you and your audience, and pair them with the provided captions for maximum impact.

Spread the Word: Share the content on your social media channels. Tag Nebraska Health Network and use the suggested hashtags to reach a wider audience.

#PrimaryCareWorksForYou

Kit Components

1. Word document with sample messages
2. Five corresponding images formatted for Facebook (1,200 x 1200) and X (1600 x 900 pixels).

We also encourage you to follow Nebraska Health Network on **LinkedIn**, **Facebook** and **X**. We post a variety of content that can be easily shared on your page.



FINDING A PRIMARY CARE PROVIDER

Looking for a **Primary Care Provider**

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Looking for a primary care provider? There are more than 3,200 different providers to choose from at Methodist Health System and Nebraska Medicine. Search based on location, specialty area and more at <https://nebraskahealthnetwork.com/provider-search/>. Learn more about the importance of a primary care provider at <https://nebraskahealthnetwork.com/primarycare>. #PrimaryCareWorksForYou

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Ready to take the next step in your health?

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Ready to take the next step in your health? Search for a primary care provider at <https://nebraskahealthnetwork.com/provider-search/>. Whether you need a family practitioner, pediatrician or internist, we've got them all! Not sure which one you need? That's okay too. Visit <https://nebraskahealthnetwork.com/primarycare> to determine the best provider for your needs. #PrimaryCareWorksForYou

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Need a **Primary Care Provider**? We have more than 3,200 to choose from.

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There are over 3,200 providers across our network. We have the tools to provide you with the right care at the right time. Finding the perfect provider shouldn't be stressful. We've made it easy for you. Visit <https://nebraskahealthnetwork.com/primarycare> to learn more. #PrimaryCareWorksForYou

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Our **Providers are Here For You**

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Our clinic has primary care providers that are ready to get you started on your health-care journey. Visit <https://nebraskahealthnetwork.com/primarycare/> to learn more about the benefits of partnering with a primary care provider. #PrimaryCareWorksForYou

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Discover the benefits of a **Primary Care Provider**

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Interested in visiting with a primary care provider but not sure where to start? Nebraska Health Network has created resources to guide you through choosing a primary care provider. Visit nebraskahealthnetwork.com/primarycare/ to download resources today. #YourPrimaryCare #PrimaryCareWorksForYou

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WHAT TO EXPECT DURING AN APPOINTMENT



Has it been a long time since you've visited your primary care provider? Here are some common things your PCP will discuss with you during your appointment:

- a. Your family history of medical conditions
- b. Your physical and mental health conditions

Locate the office ahead of time and know what mode of transportation you'll be taking. Don't forget to bring your insurance card, photo ID and any questions you want to ask your PCP! #PrimaryCareWorksForYou
<https://nebraskahealthnetwork.com/primarycare>

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Sometimes, going to the doctor isn't as easy as it should be. If reliable transportation is preventing you from seeing your primary care provider, know that there are resources available. Visit <https://communityrelay.com/> and search "transit" to find support services. Don't let a ride prevent you from prioritizing your health. <https://nebraskahealthnetwork.com/primarycare/>
#KnowBeforeYouGo #PrimaryCareWorksForYou

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Not sure what to expect during your primary care appointment? Your care team will likely check your height, weight and blood pressure. They'll listen to your heart and lungs and talk to you about your medical history, concerns and health goals.
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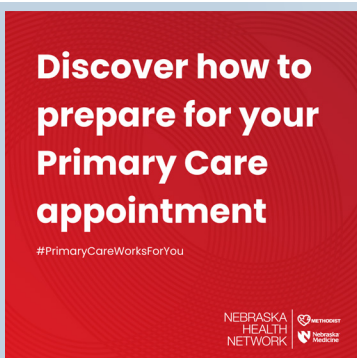
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Not sure what to expect during a primary care appointment? Learn more about how to prepare, what to expect during the appointment and how to make the most out of the time with your care team. Download the Nebraska Health Network's overview and Appointment Planning Guide at <https://nebraskahealthnetwork.com/primarycare/> today.
#KnowBeforeYouGo #PrimaryCareWorksForYou

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Make the most out of your primary care appointment by preparing in advance. To discover what to bring and what questions to ask, visit <https://nebraskahealthnetwork.com/primarycare/>. You can even download a copy of the Appointment Planning Guide to answer common questions your provider may ask you beforehand.
#KnowBeforeYouGo #PrimaryCareWorksForYou

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DURING YOUR APPOINTMENT

**There are no
bad ideas in
brainstorming...
and there are no
bad questions at
the doctor.**

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Your primary care provider is a trusted resource that is here to help. Take time to share your concerns, answer questions honestly and don't hesitate to ask for help. Learn more about what to expect at your appointment, how to prepare and how primary care can help you!

#PrimaryCareWorksForYou #YourPrimaryCare

<https://nebraskahealthnetwork.com/primarycare/>

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**Focus on
Your
Health**

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You've scheduled your appointment, but what's next? A visit with your primary care provider is an opportunity to assess your overall health. Your care team will monitor things like your vitals, height, weight and blood pressure. Most importantly, they want to hear from you. Take this time to ask the important questions, share your concerns and be open about your health goals. Learn more and download resources at:

<https://nebraskahealthnetwork.com/primarycare/>.

#YourPrimaryCare #PrimaryCareWorksForYou

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**Not sure
what to expect
during your
Primary Care
appointment?**

#PrimaryCareWorksForYou

Don't let fear hold you back. Your primary care provider is a trusted resource focused on you! Contact our clinic at (insert clinic contact) to learn more about the benefits of working with a primary care provider, what to expect during the appointment and how to prepare. You can also download primary care resources at

<https://nebraskahealthnetwork.com/primarycare/>.

#YourPrimaryCare #PrimaryCareWorksForYou

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GENERAL

Can your doctor help save you money?

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Can seeing your doctor help you save money? Yes. Health-care costs tend to be lower for people who have a primary care provider monitoring their health and coordinating their care. Find out more about what to expect during a primary care provider visit, how to prepare and find the provider best for you! Visit <https://nebraskahealthnetwork.com/primarycare/>. #PrimaryCareWorksForYou #YourPrimaryCare

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New Year. New You.

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Start your year off right by focusing on your health. Now is the perfect time to schedule an appointment with your primary care provider. In addition to treating chronic and minor illnesses, primary care providers are focused on keeping you healthy! Schedule time today to discuss your health background and develop goals that are meaningful to you! <https://nebraskahealthnetwork.com/primarycare/> #NewYearNewYou #PrimaryCareWorksForYou

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What is a Primary Care Provider?

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Primary care providers can be physicians or advanced practice providers like nurse practitioners or physician assistants. Regardless of their title, primary care providers are champions for your health. They are focused on getting and keeping you healthy. Learn more about the benefits of partnering with a primary care provider at <https://nebraskahealthnetwork.com/primarycare/>. #YourPrimaryCare #PrimaryCareWorksForYou

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You could save 33% on health-care expenses.

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A primary care provider will save you money in the long run. Just by having a primary care provider, you can save 33% on health-care costs compared to those who only see specialists for their care. They will help keep track of your health throughout the course of your life and help coordinate your overall care. Staying healthy will be less complicated when you partner with a primary care provider. Find out how you can benefit at <https://nebraskahealthnetwork.com/primarycare/>. #YourPrimaryCare #PrimaryCareWorksForYou

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Spend time outside of the emergency room...not in it.

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Your primary care provider is here to help. They can provide care to help you avoid unnecessary trips to the emergency room. Emergency room care can cost as much as four times that of other outpatient care. Avoid spending time and money on more care this year and learn about the benefits of having a primary care provider at <https://nebraskahealthnetwork.com/primarycare/>. #YourPrimaryCare #PrimaryCareWorksForYou

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Health care is full of numbers.

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Health care is full of numbers. What do they all mean for you? Your primary care provider can help keep track of important tests and outcomes so you can avoid duplicate screenings and exams. Take the confusion out of health care by partnering with a primary care provider. Find more information at <https://nebraskahealthnetwork.com/primarycare/>. #YourPrimaryCare #PrimaryCareWorksForYou

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EARLY DETECTION AND SCREENING

Early detection matters.

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Having a primary care provider can help you live longer by decreasing your risk of dying from heart disease, cancer or stroke. Primary care providers are here to help. They can treat and detect minor illnesses and problems before they turn serious. Learn more about the benefits of primary care and how to prepare for an appointment at <https://nebraskahealthnetwork.com/primarycare/>.
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When should you have a colonoscopy? Are you due for a mammogram?

#PrimaryCareWorksForYou



You may or may not know what preventive screenings are best for you, but your primary care provider does. Your care provider will help you when you are sick AND focus on preventive care and wellness to optimize your health. Contact our clinic at (contact info) today to find out how and download PCP resources from the Nebraska Health Network at <https://nebraskahealthnetwork.com/primarycare/>.
#YourPrimaryCare #PrimaryCareWorksForYou

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Only 8% of adults age 35 and older get all their recommended screenings and shots.

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Reuters News Service reports that “only 8% of adults age 35 and older get all their recommended screenings and shots.” Your primary care provider knows which screenings and shots you have and haven’t gotten so you don’t have to keep track of it all. They will work with you to make sure you are up-to-date on all the necessary tests. Don’t delay your health any longer, let us help you find a provider at (clinic contact info).
#PrimaryCareIsPreventiveCare #PrimaryCareWorksForYou

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