



Know Where to Go

Choosing Appropriate Access to Health Care

November 2016

Informed Health Care Access Could Save you Money

Do you know where/how to access your nearest In-Network Retail Clinic, Urgent Care Center, Telemedicine Provider or Emergency Room? Do you know whether or not each one is In-Network or their hours of operation? A little bit of planning now could save you time, money and aggravation later. Logon to www.capbluecross.com and take a few minutes and locate your In-Network Retail Clinic, Urgent Care Center, TeleHealth Provider and Emergency Room at an In-network hospital. Review the type of services offered and post their hours of operation where you can find it easily.



Retail Clinic or

TeleHealth

Choose for:
Sore throats
Colds
Physicals
Flu Shots

\$10

Copayment

Urgent Care

Choose for:
Sore throats
Colds
Physicals
Flu Shots
Sprains
Strains
Minor broken bones
Mild asthma attacks
Minor infections
Small cuts
Rashes
Minor burns
Urinary tract infections

\$50

Copayment

Emergency Room

Choose for:
Heart Attack
Chest Pain
Severe abdominal pain
Stroke
Head Trauma
Loss of Consciousness
Severe Burns
Seizures
Electric shock
Heavy bleeding
Infants under 8 weeks with fever
Vomiting/coughing up blood
Difficulty speaking
Numbness in face, arm or leg

\$100

Copayment

Waived if Admitted

Access Tips

1. Do you have a student attending school far from home? Prepare him for the unexpected with a list of her in-network pharmacy, Retail Clinic, Urgent Care Center and Emergency Room providers with guidelines on how and when to choose each.
2. Planning a vacation? What if someone in your group has an injury or an unexpected illness? Save time before you go by researching your in-network choices as part of your vacation planning process. Your wallet may thank you later if you need immediate care and you have already established where your in-network providers are located.