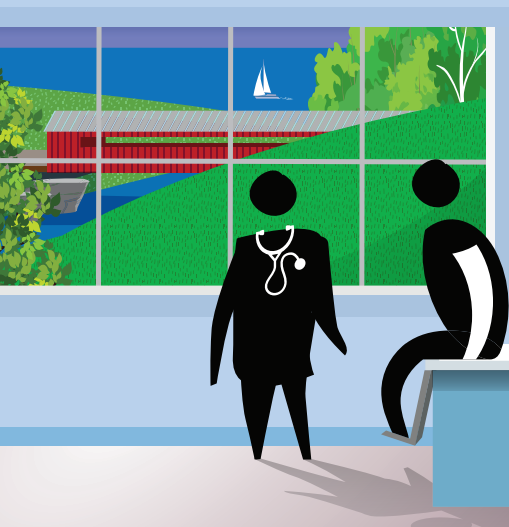


## Primary care provider

You should contact your regular provider for most urgent care and common health issues during office hours. Some examples are:

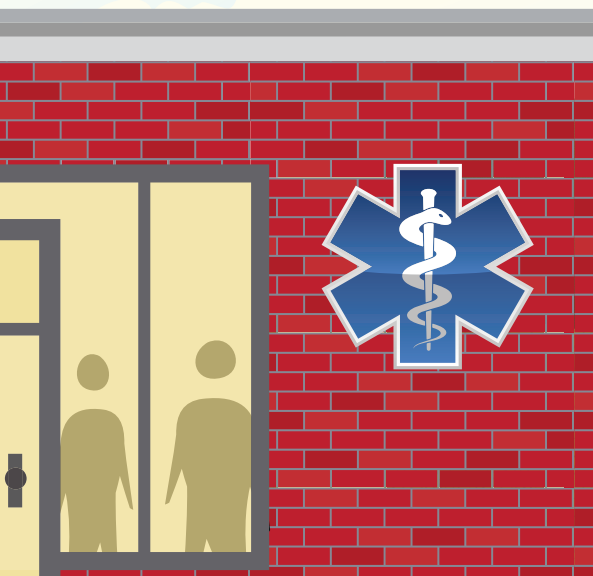
- infections
- cough
- digestive issues



## Urgent care center

When you have a condition or illness that is not an emergency, but still needs quick attention, you could seek urgent care services. Urgent care could include treatment for:

- minor cuts
- minor back pain
- broken bones



## Telemedicine

You can access a clinician remotely for diagnosis and treatment via phone, video or other technologies. Commonly treated conditions:

- pink eye
- rash
- flu symptoms



# KNOW BEFORE YOU GO

## Make the right care choice.

Be informed now so that you can choose the appropriate care for your situation. Understanding all of your options may save you time and money.\*

Get more information!  
Visit BCBSVT's [website](#).



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## Emergency room

In an emergency, you need care right away. Emergencies might include:

- chest pains
- head injury with fainting
- injury to spine

If you have an emergency at home or away, call 9-1-1 or go to the nearest doctor or emergency department.

You should call an ambulance if necessary.



\*Prior approval requirements and member benefits vary according to the member's group or individual plan. Before receiving services, please check your benefits as outlined in your member materials or by calling the number on the back of your ID card.