



Promote your company's choices for care by adding the suggested content to your company's employee newsletters. Please hyperlink to bcbsm.com/findcare.

When it's not an emergency, you have convenient choices for medical care

It's late at night and you're not feeling well. You know it's not an emergency, but you want to see a doctor and figure out what's going on. Why wait? There's a place for that.

Whether it's late at night or Sunday afternoon, you and your family have smart, convenient choices for medical care when you don't have an emergency, including:

Primary care doctor

Call your primary care doctor first when you're not feeling well. He or she knows you best and understands your health history.

24-Hour Nurse Line

Talk to a registered nurse at no cost, anytime day or night, when you have questions about an illness or injury.

Blue Cross Online VisitsSM

Call or video chat with a U.S. board-certified doctor or behavioral health professional using a smartphone, tablet or computer.

Retail health clinics

Get walk-in medical care and a prescription, if you need it, at select drug store chains with extended hours near your home or workplace.

Urgent care centers

Get convenient, in-person care for a wide range of non-emergency situations, even late and on weekends.

These smart, convenient choices for care can be used for minor illnesses and injuries such as:

- Mild allergy symptoms
- Sore throat and cough
- Colds and flu
- Low-grade fever
- Earache
- Eye irritation or redness
- Skin rash
- Minor burns, cuts and scrapes
- Painful urination
- Sprains and strains

Get the care you need, when and where you need it. Learn more about your choices for non-emergency care at bcbsm.com/findcare.