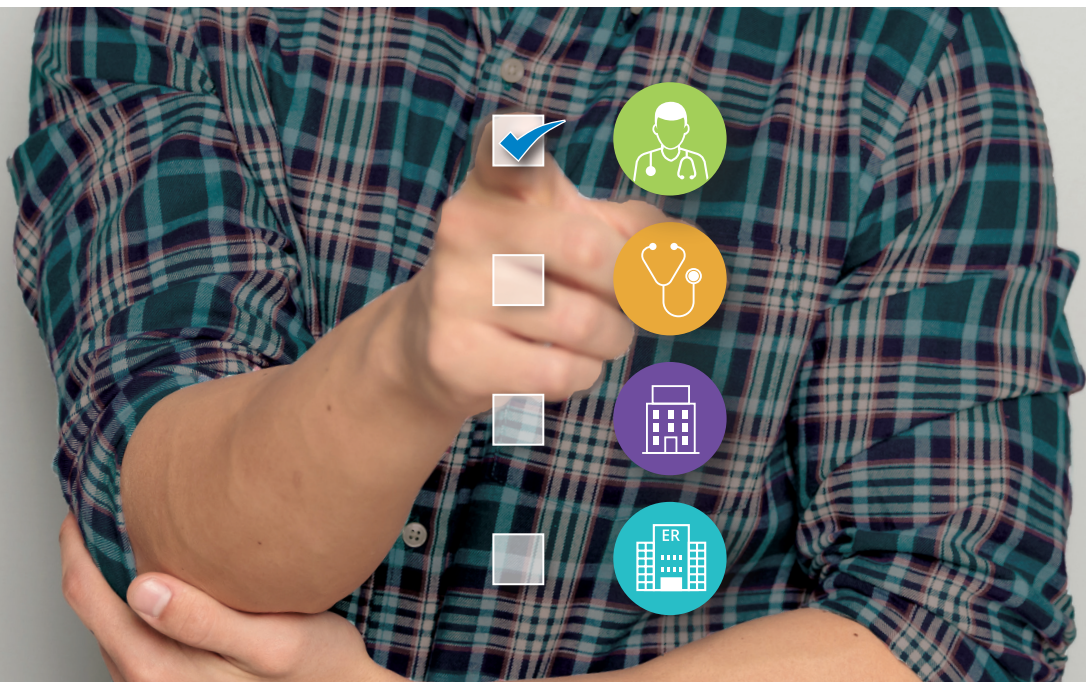


# Where to Go for Care



## CARE OPTIONS

**Knowing where to go can make a big difference in the cost of your care – especially when you use providers in your plan’s network.**

**We make it easy to find in-network providers near you:**

- Go to [bcbsil.com](http://bcbsil.com) and click **Find Care**
- For personalized search results, go to [bcbsil.com](http://bcbsil.com), click **Log In or Sign Up**, choose **Member Log In or Sign Up** and search in Blue Access for Members<sup>SM</sup>
- Call Customer Service at the number on your ID card

### Doctor’s Office or Student Health Center (if available)

Your own doctor’s office may be the best place to go for nonemergency care, such as health exams, routine shots, colds, flu and minor injuries. When you’re on campus, the Student Health Center is another option for this type of care. **Check with your Student Health Center for available services.**

**Good for:** health exams, shots, cough, sore throat  
**Average Wait:** less than 20 minutes<sup>1</sup>  
**Cost:** in network \$ out of network \$\$



### Retail Health Clinic

When you can’t get to your regular doctor, walk-in clinics—available in many retail stores—can be a lower-cost choice for care. Some may even see patients evenings, weekends and holidays.

**Good for:** headache, stomach ache, sinus pain  
**Average Wait:** varies  
**Cost:** in network \$ out of network \$\$



## Urgent Care Center<sup>2</sup>

These centers can treat you for more serious health issues, and may offer care evenings, weekends and holidays.

**Good for:** back pain, vomiting, animal bite, asthma

**Average Wait:** 30 minutes or less<sup>3</sup>

**Cost:** in network \$\$ out of network \$\$\$



## Hospital ER

Any life-threatening or disabling health problem is a true emergency. You should go to the nearest ER or call 911. If you receive ER care from an out-of-network provider, you may have to pay more.

**Good for:** chest pain, bleeding, broken bones

**Average Wait:** 1 hour or more<sup>4</sup>

**Cost:** in network \$\$\$ out of network \$\$\$\$



## Know the Difference: Freestanding ER vs. Urgent Care Center

Freestanding ERs look a lot like urgent care centers, but may not be affiliated with an in-network hospital. That means you could end up with a hefty bill (or several bills). You might even be sent to a hospital ER for care! Here are ways to spot a freestanding ER:

1. Look for "Emergency" on the building exterior.
2. Check the hours. If it's open 24/7, it's a freestanding ER. Urgent care centers close at night.
3. Confirm it's not connected to a hospital.
4. Ask if it follows the copay, coinsurance and deductible payment model.

If you need emergency care, call 911 or seek help from any doctor or hospital immediately.

**Note:** Many sites of care now offer telehealth options for your visit. Check with your preferred provider to see if they offer telehealth visits.



## Need help deciding where to go for care?

**On hand 24 hours a day, seven days a week; bilingual nurses available.**

Call the 24/7 Nurseline at **800-299-0274** for help identifying some options when you or a family member has a health problem or concern.

1. Vitals Annual Wait Time Report, 2017.

2. The closest urgent care center may not be in your network. Be sure to check Provider Finder® to make sure the center you go to is in-network.

3. Wait Time Trends in Urgent Care and Their Impact on Patient Satisfaction, 2017.

4. National Center for Health Statistics, Centers for Disease Control and Prevention, 2019.

Information provided in this flier is not intended as medical advice, nor meant to be a substitute for the individual medical judgment of a doctor or other health care professional. Please check with your doctor for individualized advice on the information provided. Coverage may vary depending on your specific benefit plan and use of network providers. For questions, please call the number on your member ID card.

Blue Cross and Blue Shield of Illinois complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, sex, gender identity, age, sexual orientation, health status or disability.

To get help and information in your language at no cost, please call us at 855-710-6984.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 855-710-6984 (TTY: 711).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 855-710-6984 (TTY: 711).



**Health care coverage is important for everyone.**

If you, or someone you are helping, have questions, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 855-710-6984. We provide free communication aids and services for anyone with a disability or who needs language assistance.

We do not discriminate on the basis of race, color, national origin, sex, gender identity, age, sexual orientation, health status or disability. If you believe we have failed to provide a service, or think we have discriminated in another way, contact us to file a grievance.

Office of Civil Rights Coordinator  
300 E. Randolph St., 35<sup>th</sup> Floor  
Chicago, IL 60601

Phone: 855-664-7270 (voicemail)  
TTY/TDD: 855-661-6965  
Fax: 855-661-6960

You may file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, at:

U.S. Dept. of Health & Human Services  
200 Independence Avenue SW  
Room 509F, HHH Building 1019  
Washington, DC 20201

Phone: 800-368-1019  
TTY/TDD: 800-537-7697  
Complaint Portal: <https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf>  
Complaint Forms: <https://www.hhs.gov/civil-rights/filing-a-complaint/complaint-process/index.html>

**To receive language or communication assistance free of charge, please call us at 855-710-6984.**

Español	Llámenos al 855-710-6984 para recibir asistencia lingüística o comunicación en otros formatos sin costo.
العربية	لنلقى المساعدة اللغوية أو التواصل مجاناً، يرجى الاتصال بنا على الرقم 855-710-6984.
繁體中文	如欲獲得免費語言或溝通協助，請撥打855-710-6984與我們聯絡。
Français	Pour bénéficier gratuitement d'une assistance linguistique ou d'une aide à la communication, veuillez nous appeler au 855-710-6984.
Deutsch	Um kostenlose Sprach- oder Kommunikationshilfe zu erhalten, rufen Sie uns bitte unter 855-710-6984 an.
ગુજરાતી	ભાષા અથવા સંચાર સહાય મફતમાં મેળવવા માટે, કૃપા કરીને અમને 855-710-6984 પર કોલ કરો.
हिंदी	निःशुल्क भाषा या संचार सहायता प्राप्त करने के लिए, कृपया हमें 855-710-6984 पर कॉल करें।
Italiano	Per assistenza gratuita alla lingua o alla comunicazione, chiami il numero 855-710-6984.
한국어	언어 또는 의사소통 지원을 무료로 받으려면 855-710-6984번으로 전화해 주세요.
Navajo	Niná: Doo bilagáana bizaad dinits'á'góó, shá ata' hodooni nínízingo, t'áájíík'eh bee náhaz'á. 1-866-560-4042 jí' hodíilni.
فارسی	برای دریافت کمک زبانی یا ارتباطی رایگان، لطفاً با شماره 855-710-6984 تماس بگیرید.
Polski	Aby uzyskać bezpłatną pomoc językową lub komunikacyjną, prosimy o kontakt pod numerem 855-710-6984.
Русский	Чтобы бесплатно воспользоваться услугами перевода или получить помощь при общении, звоните нам по телефону 855-710-6984.
Tagalog	Para makatanggap ng tulong sa wika o komunikasyon nang walang bayad, pakitawagan kami sa 855-710-6984.
اردو	مفت میں زبان یا مواصلت کی مدد موصول کرنے کے لیے، براہ کرم ہمیں 855-710-6984 پر کال کریں۔
Tiếng Việt	Để được hỗ trợ ngôn ngữ hoặc giao tiếp miễn phí, vui lòng gọi cho chúng tôi theo số 855-710-6984.