Sick to your tummy?

Why wait?

There’s a place for that.
Choosing the right place for care

Knowing there are smart health care options will help you get the care you need when you need it. Here’s where, when, and how to get care for whatever you’ve got:

<table>
<thead>
<tr>
<th>PRIMARY CARE DOCTOR</th>
<th>24-HOUR NURSE LINE</th>
<th>BLUE CROSS ONLINE VISITS™</th>
<th>RETAIL HEALTH CLINICS</th>
<th>URGENT CARE CENTERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average time for care</td>
<td>Average time for care</td>
<td>Average time for care</td>
<td>Average time for care</td>
<td>Average time for care</td>
</tr>
<tr>
<td>60 minutes</td>
<td>12 minutes</td>
<td>10 minutes</td>
<td>30 minutes</td>
<td>60–90 minutes</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Treatment</td>
<td>Treatment</td>
<td>Treatment</td>
<td>Treatment</td>
<td>Treatment</td>
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<tr>
<td>When you want to talk face to face with a doctor you know and trust</td>
<td>When you have questions about an illness or injury, anytime day or night</td>
<td>When you want to talk to a doctor or therapist face to face from the comfort of your home or on the go</td>
<td>For a quick, in-person evaluation to get minor health care and a prescription at one location</td>
<td>When your symptoms are a little more complicated and you need convenient, in-person care</td>
</tr>
</tbody>
</table>

- **High-quality, comprehensive care**
- **Knows you and your medical history and coordinates all your care**
- **May offer additional services, such as labs**

- **No cost**
- **Available by phone anytime, anywhere in the U.S.**
- **Service provided by a registered nurse**

- **Video chat with a doctor or therapist anywhere in the U.S.**
- **Send a visit summary to your primary doctor**
- **Care provided by U.S. board-certified doctors or therapists through smartphone, tablet or computer**

- **Evening and weekend hours**
- **Convenient locations**
- **Lab and X-rays**
- **Care provided by U.S. board-certified doctors, nurses and nurse practitioners, depending on severity of symptoms**

Start using your smart choices for care. Learn how at [bcbsm.com/findcare](http://bcbsm.com/findcare)

Not all services are covered by all plans. Log in to your member account to see what your plan covers.


Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.
When it’s not an emergency, you have smart choices for when and where to get health care.

**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 Visits℠**
Connect online with a doctor or therapist using a smartphone, tablet, or computer.

**Retail health clinics**
Get treatment for minor illnesses and injuries on a walk-in basis at select drug store chains near your home or workplace.

**Urgent care centers**
Get non-emergency, in-person care conveniently, after hours or on weekends.

These smart, convenient options for care can be used for:

- 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

Learn more at [bcbsm.com/findcare](http://bcbsm.com/findcare)