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| *This message is part of an email series offering tips for good health and advice to help you understand and get the most out of your Premera Blue Cross health plan.* |
| Need care? Know where to go—and what it will cost If you need care but your doctor isn’t available, you have options. Some options are more expensive than others. The exact cost of your visit depends on your plan and the care you get.  **24-Hour NurseLine (Free)**  Call the 24-Hour NurseLine at 800-841-8343—for free. The nurse can discuss your symptoms and help you find a doctor, urgent care clinic, or hospital near you.  **Urgent care ($$)**  Urgent care clinics provide care for illnesses like ear infections, fever or flu symptoms, or sprains\*. Clinics are often open outside of normal business hours and are less expensive than the emergency room.  **Emergency room ($$$)**  Emergency room visits cost the most and should be used for emergencies, such as severe abdominal pain, shortness of breath, sudden numbness, loss of consciousness, or broken bones. \*Most facilities are open 24 hours a day, 7 days a week (including holidays).  \*Source: 24-Hour NurseLine. These examples are not meant to be used as medical advice. Please call the 24-Hour NurseLine about your specific issue to get advice on where to go for care. TIP Add the 24-Hour NurseLine to your mobile phone: **800-841-8343.** |
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