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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.* |
| Avoid costly ER visits with these care options The high cost and long wait times of an ER visit can make a stressful situation even worse. As a Premera member, you have access to convenient, affordable, same-day medical care options.  24-Hour NurseLine: If you need quick answers or help deciding if you need immediate care, you can call the free Premera 24-hour NurseLine and speak with a registered nurse. Call the number on the back of your cardday or night to get the information and guidance you need.  Virtual care**:** Get quick access to convenient, high-quality medical care 24/7, via phone, text, or video from the comfort of home with the Premera MyCare app. Find in-network, board-certified doctors, therapists, other specialists when you download the app. Download the Premera MyCare app now from [Apple Store](https://apps.apple.com/us/app/premera-mycare/id1522382403) or [Google Play](https://play.google.com/store/apps/details?id=com.premera.mycare).  Urgent care: Use Premera’s [Find a Doctor](https://www.premera.com/visitor/find-a-doctor) tool to locate an urgent care center close to your home or current location. Urgent care clinics offer care for health concerns like ear infections, flu symptoms, or injuries. You can also use the Find a Doctor tool on the go by downloading the **Premera mobile app**. Download the app now from [Apple Store](https://apps.apple.com/app/id1139271535) or [Google Play](https://play.google.com/store/apps/details?id=com.premera.android&referrer=utm_campaign%3Dadb_acq_v3%26utm_source%3Dadb_acq_v3%26utm_content%3D2906744987be3705c6dbb36e2a39ec3a10bd85db).  Dispatch Health**:**  A convenient option for urgent in-home medical care with the same out-of-pocket cost as an urgent care center visit. A care team will come to your home with everything needed to treat your illness or injury, 365 days a year from 8 a.m. to 10 p.m. Cost shares are collected at the time of visit.  Check the [location map](https://www.dispatchhealth.com/locations/) to see if DispatchHealth is available near you. Find out what conditions DispatchHealth treats [here](https://www.dispatchhealth.com/what-we-treat/). For more information or to book an appointment, call [855-354-8961](tel:%20855-354-8961) or visit [dispatchhealth.com](file://MLTPCFS21/Shared/Marketing/Group_Member_Communications/10.%20B%27link/Dispatch%20Health/FINAL%20FIRST%20DRAFTS/dispatchhealth.com).  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 significant injuries.  If your condition is life- or disability-threatening, call 911 or head to your nearest emergency room.  *DispatchHealth should not be used in a life-threatening emergency and does not replace a primary care provider.* |
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