Avoid costly ER visits with these convenient care options

GET QUALITY CARE WHEN AND WHERE YOU NEED IT

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As a Premera member, you have access to convenient, affordable, same-day medical care that doesn't require the high cost or the hours of waiting in a busy emergency room.

24-Hour NurseLine:
If you need advice, quick answers, or help deciding if you need immediate care, call the free Premera 24-Hour NurseLine with the number on the back of your ID card to speak with a registered nurse.

Virtual care:
Get care for a variety of needs from a healthcare provider via phone, text, or video, when and where you need it. Download the Premera MyCare app now from Apple Store or Google Play.

Urgent care:
Use Premera's 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 or Google Play.

DispatchHealth:
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.

To learn what conditions DispatchHealth treats, and to find out if this care option is available near you, visit dispatchhealth.com or call **855-354-8961**.

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.

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