

Getting care in the right setting

blueprint

Where you get care can make a huge difference for your pocketbook.

Routine care - Your family doctor for general health management and illnesses.
Ex: checkups, immunizations, preventive services, flu, cough, sore throat

After-hours care - Virtual Health is 24/7 nonemergency care on your phone, tablet or computer. Go to MyVirtualHealth.com. *Ex: Nonemergency visits when your doctor's office is closed*

Urgent care or walk-in clinic - When you need timely in-person medical attention (not severe or life-threatening).
Ex: Sprains, x-rays, minor broken bones, infections, burns, minor cuts, fever

Emergency care - When your life or health is in danger without immediate medical help. *Ex: Heavy bleeding, difficulty breathing, major broken bones, chest pain, major burns, high fever*



Get additional information about your health plan at arkbluecross.com/gettingcare.



Arkansas
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