

# 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](http://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](http://arkbluecross.com/gettingcare).



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