

BCBS Members: Know B4 You Go!



NEED CARE FAST? CHOOSING THE RIGHT PLACE CAN SAVE YOU MONEY AND ENSURE BETTER CARE. CHECK OUT THIS QUICK GUIDE TO FIND THE BEST OPTION FOR YOUR NEEDS!

Where Should You Get Care? How to Choose the Best Option

 Primary Care Physician	 Urgent Care	 Emergency Room (ER)
Routine & preventative care	Minor illnesses & injuries	Life-threatening emergencies
<ul style="list-style-type: none"> ✓ Annual exams & screenings ✓ Chronic care management ✓ Earaches / Allergies ✓ Colds / Fevers 	<ul style="list-style-type: none"> ✓ Cold, flu, or infections ✓ Skin Rashes ✓ Minor injuries, burns, and bleeding/cuts. 	<ul style="list-style-type: none"> ⚠ Chest pain or irregular heartbeat ⚠ Severe shortness of breath ⚠ Warning signs of stroke ⚠ Severe allergic reaction, poisoning & burns ⚠ Complicated bone fractures ⚠ Electrical shock ⚠ Serious fall (7+ feet)

Choosing the Best Site of Care to Save on Deductibles and Urgent Care Costs

Denton ISD Employee Health & Wellness Clinic

HMO Members

- **\$0 fee for PCP & Urgent Care visits**
*Preventive care, chronic disease, and/or medication management requires Dr. Sayani or Toni Perkins as your BCBS Primary Care Physician (PCP)

High Deductible / PPO Members

- **No PCP required**
- **\$10 per visit for PCP & Urgent Care visits**

Why Use the Clinic?

- ✓ Lower out-of-pocket costs
- ✓ Same-day or next-day appointments
- ✓ Quality care from experienced providers

Schedule an appointment today through the **MyChart App** or by phone at **(940) 369-1380**

MDLIVE – Virtual & Telehealth

- ✓ **Free & unlimited urgent medical and behavioral health visits**
- ✓ Services include: psychiatric treatment, counseling, medication management
- ➔ Access online at www.mdlive.com or the MDLIVE App
- ➔ Use your BCBSTX Member ID + DOB

BlueCross BlueShield Nurse Line

- (800) 581-0393 – Call 24/7 to speak to a registered nurse.**
- ✓ Get answers to health questions
 - ✓ Decide if you need the ER, urgent care, or your PCP