Save time and money. Know where to go for care.

If you have a life-threatening situation, call 911 or go to the nearest hospital emergency room.
If it's not an emergency, comparing care options could help you save time, money and frustration.

Copay[1]	Care options	For needs and symptoms such as:	Scan to learn more
No cost	**24/7 advice nurse** Call **1-800-288-2264**, TTY **711**	• Choosing where to get medical care • Minor illnesses or injuries	
No cost[2]	**24/7 virtual visits** Video chat with a provider on NowClinic®	• Allergies • Bladder infection • Bronchitis • Pinkeye • Sinus infections • Viral illnesses	
$$$	**24/7 urgent care[3]** Care for non life-threatening but urgent needs	• Ear infections • Colds and other respiratory problems including coughs and congestion • Sprains and strains • Most abdominal pain • Vomiting and diarrhea • Most cuts, burns, fevers and back pain	
$$$	**Care that comes to you[4]** If appropriate, get same-day medical care at home	• Migraine headaches • Cuts that need stitches and skin infections • Urinary tract infections • Flu and pneumonia • Asthma attacks, COPD and respiratory infections • Dehydration, IV placements and IV fluids	
$$$$	**24/7 emergency care[5]** Treatment of the sudden onset of life-threatening needs	• Serious burns • Major trauma • Poisoning • Serious breathing difficulties • Heavy bleeding • Severe chest pain • Sudden paralysis	

Your health plan is not contracted with certain freestanding ERs. Ask before you enter.

[1]Actual payments may vary depending upon benefit coverage. The information and estimates provided are for general informational and illustrative purposes only and are not intended to be nor should be construed as medical advice or a substitute for your doctor's care. You should consult with an appropriate health care professional to determine what may be right for you.

[2]**NowClinic® virtual visits are not intended to address emergency or life-threatening medical conditions. Please call 911 or go to the emergency room under those circumstances.**

NowClinic services may be covered by some health plans; copays and deductibles may apply. Members under the age of 18 must have a guardian contact NowClinic customer support for assistance in enrolling for their account. Customer support can be reached at 1-877-550-1515.

$0 copays apply with most unscheduled NowClinic virtual visits. Scheduled NowClinic visits may require a copay. Virtual visits may be subject to calendar year deductibles and/or coinsurance according to the member's benefit plan. Copays may also apply for virtual visits with providers not on the NowClinic platform.

[3]Hours of operation may vary by location.

[4]Restrictions apply. Not available in all areas. To see if urgent care at home is right for you, contact our 24/7 advice nurse toll-free at 1-800-288-2264, TTY 711.

[5]IMPORTANT: 1) Your health plan is not contracted with certain freestanding and hospital emergency rooms. Call your health plan for more information. 2) Some neighborhood hospitals may not have specialists on staff, so you could be transported to a hospital emergency room for complex conditions that require a specialist.

Insurance coverage provided by Sierra Health and Life.

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