

KNOW WHERE TO GO

Your Guide to Quality Care and Savings

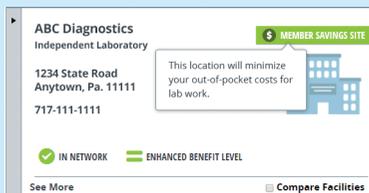


Save on Quality Care

Where you get your health care may make a big difference in how much you pay for services. Hospitals are by far the most expensive location for outpatient care. Here are some non-hospital options that offer high-quality care — and may save you time and money, too!

If you believe you are having a medical emergency and you need immediate treatment, go directly to a hospital emergency room or call 911.

Know Where to Go



Log in to your member website at highmarkbcbs.com.

- Select **Find a Doctor** to find a doctor, urgent care center, independent lab freestanding imaging center, or ambulatory surgery center in your plan's network. In the search box, type in the service you need.
- Select **Virtual Medicine** to sign up or learn about virtual medicine.



Non-Emergency Care:

Where to Go	What to Know
Primary care physician (PCP)	Start with your doctor when you're sick or injured. Your PCP knows your health history and can help you make informed choices about your care.
Virtual medicine	Use online video 24/7 to visit U.S. board-certified, state-licensed doctors who can diagnose, recommend treatment, and prescribe medication.
Urgent care center	Use for immediate care when your PCP is not available. Urgent care centers have extended hours, are available on weekends, and no appointments are needed.



Outpatient Diagnostic Services:

Where to Go	What to Know
Independent lab	When your doctor gives you a prescription for lab tests such as blood or allergy, you generally pay much less at a non-hospital setting.
Freestanding imaging center	When your doctor gives you a prescription for imaging services such as MRI, CT, PET scans or X-ray and ultrasounds, you generally pay much less at a non-hospital setting.



Ambulatory Surgery Centers:

Where to Go	What to Know
	You may save money by scheduling your surgery at an ambulatory surgery center and we have the resources to help you make that decision. Visit your member website to help find the services that best fit your needs.