



ND




The Importance of your Primary Care Provider (PCP)

A primary care provider (PCP) can come in many forms such as Medical Doctor, Physician Assistant or Nurse Practitioner. Over the long-term, your PCP who knows your health history, habits and personality will become your trusted advisor and can more easily recognize signs that indicate a potential change in your health. PCP's provide benefits that add up to better health, including:

- Early detection of preventable illnesses
- Fewer hospital and emergency room visits
- Better chronic disease management

It is important to establish a relationship with a PCP to address your medical needs.

When a visit with your PCP or one of their team members isn't possible, here are additional options for you to consider:

 **TIP**
Check with your PCP to see if they accept walk-in patients or same day appointments.

 **AVERAGE COST**
\$56.50

TELEHEALTH*
If your regular health care provider offers telehealth visits, use their services. If not, BCBSND has another option for you through our partnership with Amwell. www.amwell.com

COMMON USES
Colds, flu, fever, rash, sinusitis abdominal pain, pinkeye, ear infection, migraines, lactation support, mental health counseling (anxiety, depression, ODC), nutrition

 **AVERAGE COST**
\$181.79

WALK-IN CLINIC
Use for minor health issues. Hours of operation may vary.

COMMON USES
Cold, flu, ear infection, sore throats, fever

 **AVERAGE COST**
\$142.97

URGENT CARE CLINIC
Use for health concerns that are not life-threatening, but need to be treated.

COMMON USES
Skin rashes, ear infections, pinkeye, bladder infections, strep throat, minor burns, yeast infections

 **AVERAGE COST**
\$378.36

EMERGENCY ROOM (ER)
The ER is the best place to receive specialty care for life-threatening conditions.

COMMON USES
Severe allergic reactions, severe pain, large infected cuts or burns, difficult or obstructed breathing, broken bones, head or body trauma, heat stroke, fevers over 104 degrees



These programs are part of a comprehensive health and wellness platform, BlueElements, which focuses on six dimensions of well-being—physical, social, emotional, financial, professional and environmental.

*Amwell telehealth services are included in your health benefit plan. Telehealth services provided by other companies are not included as a benefit in your plan.

Sources: American Academy of Family Physicians, International Journal of Health Services, Centers for Disease Control and Prevention

American Well Corp. is an independent company providing web-based medical advice including telehealth services, on behalf of Blue Cross Blue Shield of North Dakota.

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