

Do you know where to go for care?



Spring has sprung. And here comes the sneezing, coughing, and headache. Do you know where to go for care?

Spring has sprung. And you fell and broke your leg in a bluebonnet field. How about now?

Living in Texas has its challenges. Figuring out where to go for care when you're ill or injured shouldn't be one of them. **We can help.** Below you'll see the best – and worst – care options depending on your condition.



ALLERGIES. AGAIN.



VIRTUAL HEALTH

Go here for:
Allergies, asthma, colds, fevers, rashes

\$

FIRE ANT TAKEOVER



PRIMARY CARE PROVIDER (PCP)

Go here for:
Routine screenings, flu, COVID-19, minor illness, injuries

\$

BACK FULL OF CACTUS SPIKES



URGENT CARE CLINIC

Go here for:
Stitches, sprains, minor breaks, severe flu symptoms

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GORED BY A BULL



EMERGENCY ROOM (ER)

Go here for:
Chest pain, heart attacks, strokes, broken bones

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ONE WORD: DON'T



FREESTANDING ER

Rarely in network = \$\$\$\$\$\$
May not be set up for true emergencies = **delayed care**
Delayed care = \$\$\$\$\$\$ ☠️

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[Get Care](#)

Need more information?
Call 1-866-355-5999, 24/7, or visit [Where to go for care.](#)

www.bcbstx.com/trsactivecare



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