

# Be Smart...

TEAMSTERS SECURITY FUND  
FOR SOUTHERN NEVADA



## ...Don't Overpay for Urgent Care!



If you need medical care quickly but it's not an emergency, don't waste your hard-earned money. **If you go to the emergency room and your medical need is not life-threatening, the PPO Plan pays only \$75 of emergency room charges and you pay the balance—and the HMO Plan pays nothing.**

**If you're in the PPO Plan,** try one of these options:



**LiveHealth Online:** Connect with a doctor 24/7 from the comfort of your home via two-way video on your smartphone, tablet or computer. Visit [www.livehealthonline.com](http://www.livehealthonline.com) or download the LiveHealth Online mobile app from the App Store<sup>SM</sup> or Google Play<sup>TM</sup>.



**Primary Care Physician (PCP):** Contact your personal doctor, who can manage your health over the long-term and direct you to specialists if you have a specific health concern. If you do not have a personal doctor, you can find an in-network provider at [www.anthem.com](http://www.anthem.com).



**Convenience Care/Retail Health Clinics:** Same-day care at CVS and Walgreens retail health clinics, for minor issues like colds, aches and pains, mild fever and diarrhea. To find a clinic, see the list in your enrollment packet or download the Anthem mobile app from the App Store or Google Play.



**Dispatch Health:** Have a medical team sent directly to you—at your home, office, or wherever you need care—from 9 a.m. to 10 p.m. daily. Visit [www.dispatchhealth.com](http://www.dispatchhealth.com), call (702) 848-4443, or download the Dispatch Health app from the App Store or Google Play.



**Urgent Care Center:** See the list of urgent care centers in your enrollment packet. Or visit [www.anthem.com](http://www.anthem.com) or download the Anthem mobile app from the App Store or Google Play to find a facility near you. For children who need urgent medical care, Goodnight Pediatrics in Henderson is open from 5 p.m. to 5 a.m. daily. Call (702) 939-6800.

## How Much You're Likely to Pay Out of YOUR Pocket

Average Cost per Visit for Non-Life-Threatening Care



\* \$25 copay plus the balance after the plan pays \$75 for non-emergency services.

If you're in the HMO Plan, try one of these options:

- Visit a Health Plan of Nevada contracted urgent care facility listed at [www.myhponline.com](http://www.myhponline.com).
- Use telemedicine to see a doctor online. Visit [www.myhponline.com](http://www.myhponline.com) and follow the instructions under NowClinic® Virtual Visits.

