

HOW TO OBTAIN MEDICAL CARE WHEN TRAVELING

(PERSONAL CHOICE) If you are traveling across the country and require medical care, simply present your ID card to any participating Blue Cross® and/or Blue Shield® PPO provider across the country and your costs are the same as if you were being treated by an in-network local doctor or hospital.

If you run into a medical emergency when you are far away from home, you have two different options:

- In a true emergency, go to the nearest ER.
- In an urgent care situation, find a BlueCard provider in the area. Call **1-800-810-BLUE** (1-800-810-2583) to find an in-network provider in the area. You may also visit an urgent care center for medical issues if an in-network provider is unavailable and if you do not require the medical services of an emergency room. You may also visit the BlueCard Doctor and Hospital Finder at www.bcbc.com.

Out of the area and need care?

Call 1-800-810-2583 to find an in-network provider in the area.

**Then, if services require preauthorization,
Call 1-800-275-2583.**

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- In a true emergency, go to the nearest ER.
- In an urgent care situation, find a provider in the area. Call **1-800-810-BLUE** (1-800-810-2583) to find an in-network provider in the area. You may also visit an urgent care center for medical issues if an in-network provider is unavailable and if you do not require the medical services of an emergency room.
- Prior to visiting a physician office, it will be necessary for you to obtain a preapproval.