



You and Your Doctor: Working Together to Keep You Healthy



There are many ways your Primary Care Provider (PCP) can help you.

With a PPO plan, you and your covered family members can get care from any in-network provider or hospital and you are not required to select a PCP. However, having a PCP means you'll have someone in your corner helping you to get the care you need. Set up an appointment now if you're a new patient. And always call your doctor first when you need care.* Your PCP:

- Will get to know you – your health history, your medications and your lifestyle
- Can treat many non-urgent health issues like allergies, fevers, colds, flu and much more
- Will provide routine medical care, such as physicals and annual exams
- Is your health coach who can show you better ways to stay healthier
- Can help you with specialized care for a chronic health issue, such as asthma, diabetes or a heart problem
- Can decide if you need any tests or if you should see a specialist – referrals are not needed, but your PCP can help you find a provider

Note: A PCP is a doctor who specializes in family practice, internal medicine, pediatric medicine or geriatrics. Female members may choose an Ob/Gyn as their PCP.

* If your doctor's office is closed, call his or her after-hours number. If your illness or injury is an emergency, call 911 or go to the nearest emergency room. Let your PCP know that you had an emergency as soon as you can.

Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Finding a Doctor

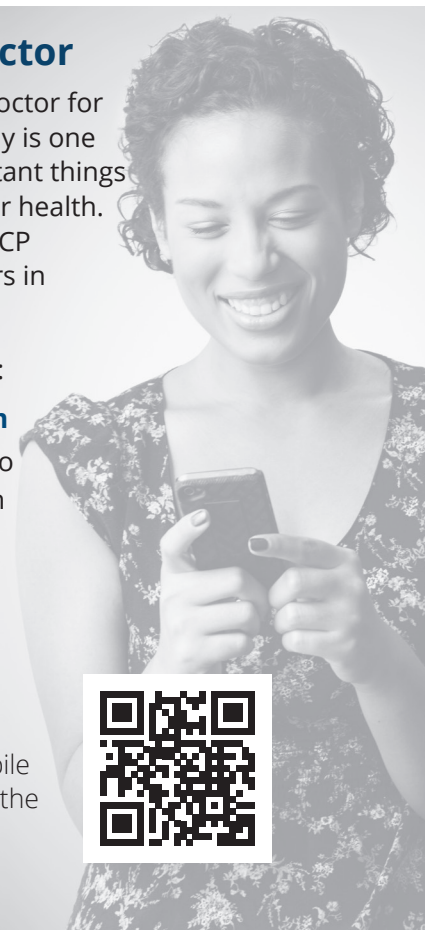
Finding the right doctor for you and your family is one of the most important things you can do for your health. It's easy to find a PCP and other providers in the network.

Follow these steps:

- Go to bcbsil.com
- Click **Find Care** to find a provider in your network

On the go?

You can look for a PCP from your mobile device by scanning the QR code here.





Need a New Doctor?

Use Provider Finder®

ASO

Find a provider and manage medical expenses all in one place.

To access Provider Finder members can create an account on Blue Access for MembersSM (BAMSM) at bcbsil.com.

Provider Finder from Blue Cross and Blue Shield of Illinois (BCBSIL) gives members access to in-network health care providers and helps them manage out-of-pocket medical costs.

Provider Finder helps members to:

- Find in-network providers, clinics, hospitals and pharmacies.
- Search by specialty, ZIP code, language spoken, gender and more.
- View clinical certifications and recognitions.
- Compare quality awards for doctors, hospitals and more.
- Read or share reviews for providers.
- Estimate the out-of-pocket costs for more than 1,700 health care procedures, treatments and tests.*
- Access prescription medication savings opportunities with the Medication Finder tool*



Go Mobile with BCBSIL

Even on the go members can manage their ID cards and stay on top of claims activity, coverage information and prescription refill reminders. It's easy: Log into or create a BAM account at bcbsil.com or text BCBSILAPP to 33633** to download our mobile app.

* Not all plans provide this information.

** Message and data rates may apply. Terms and conditions and privacy policy are available at bcbsil.com/mobile/text-messaging.