







When you need care quickly

Knowing where to go can save you time and money



Where to go for care

Going to the emergency room (ER) or calling 911 is always your best option for emergencies. If it's not an emergency, you can see your primary care physician (PCP), have a virtual visit with a doctor, or go to a retail health clinic or urgent care center. This chart compares those options. Note that prices will vary by location.

Options for Care	Nurseline 	LiveHealth Online 	Retail Health 	PCP 	Urgent Care Center 	Emergency Room 
Cost	Free	\$59	\$70	\$105	\$147	\$1,636
When you have...	Flu-like symptoms, allergies, fever, eye or sinus pain, rash	Flu-like symptoms, allergies, fever, sinus pain, diarrhea, eye infection, rash	Sore throat, earaches, bumps, minor cuts and scrapes, UTI	Mild asthma, flulike symptoms, fever, sprains, eye or sinus infection, sore throat, earache, other nonemergency symptoms	Sprain and strains, ear or sinus pain, minor allergic reactions, cough, sore throat, minor headache, UTI	Signs of a heart attack, difficulty breathing, severe burn or bleeding - and any other symptoms that are life-threatening.

Three simple ways to find the right care for you:

1. Download the **Sydney HealthSM** mobile app, log in and select **Find Care**.
2. Scan the QR code below or log in at **anthem.com** and choose **Find Care**.
3. Connect with your **Family Advocate** via the Sydney app or calling **(877) 814-9709**.



Use your phone's camera to scan this QR code.



Contact your Family Advocate to find the right care.

Call: 877-814-9709

Log in to the Sydney Health app.