



**Spring has sprung.** And your whole class is sneezing and coughing. Do you know where to go for care?

**Spring has sprung.** And you fell and broke your leg during Field Day. How about now?

**Being an educator 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.



## RECESS WITH RAGWEED



### VIRTUAL HEALTH

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



## RUNNING TRACK ROAD RASH



### PRIMARY CARE PROVIDER (PCP)

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



**IGNORED "WET FLOOR" SIGN**



**URGENT CARE CLINIC**

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

**\$\$\$**

**TWO WORDS: BUNSEN BURGER**



**EMERGENCY ROOM (ER)**

**Go here for:**  
Chest pains, heart attacks,  
strokes, broken bones

**\$\$\$\$**

**ONE WORD: DON'T**



**FREESTANDING ER**

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

**\$\$\$\$\$\$\$**

**Need more information? Call 1-866-355-5999**

**[www.bcbstx.com/trsactivecare](http://www.bcbstx.com/trsactivecare)**

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

1001 E. Lookout Drive, Richardson, TX 75082  
© Copyright 2023 Health Care Service Corporation. All Rights Reserved.