

# KNOW WHERE TO GO

Save time. Save money.



If you ever experience an emergency, dial 911 immediately. But if you need medical care and it's not life-threatening, it pays to know your options. **Choosing the right care setting can save you time and money!**

Know where to go:	You pay*:	If you are experiencing:
 <p><b>Telehealth through DialCare®</b> Visit <a href="http://www.dialcare.com/">www.dialcare.com/</a> verify or call 833-795-7783</p>	<b>Nothing</b>	Minor illnesses, such as colds, flu, sinus problems, fevers, rashes, ear infections and migraines
 <p><b>MinuteClinic® inside CVS Pharmacy® and Target stores</b></p>	<b>Nothing</b>	Minor illnesses and injuries, such as ear infections, congestion, minor cuts, urinary tract infections and bronchitis
 <p><b>Convenient Care Clinic</b></p>	<b>\$10 copayment</b>	Minor illnesses and injuries, such as ear infections, congestion, minor cuts, urinary tract infections and bronchitis
 <p><b>24/7 Nurse Line</b> 800-556-1555</p>	<b>Nothing</b>	A health concern or need advice on what to do or where to go
 <p><b>Primary Care Provider</b></p>	<b>\$20 copayment</b>	Ongoing medical issues and chronic conditions
 <p><b>Urgent Care Center</b></p>	<b>\$35 copayment</b>	Minor illnesses and injuries, such as ear infections, congestion, minor cuts, urinary tract infections, bronchitis, migraines, sprains and cuts that may require stitches
 <p><b>Emergency Room**</b></p>	<b>\$200 copayment</b>	Severe chest pain, deep wounds, broken bones, head or eye injuries

\*Represents in-network benefits. For out-of-network benefits, see Official Plan Brochure located on [RCBPhealth.com](http://RCBPhealth.com).

\*\*In an emergency, call 911 or go to the nearest emergency room.

**Claims and Correspondence:**  
P.O. Box 14079  
Lexington, KY 40512-4079

For more information or questions, please contact us:  
Telephone: **800-638-8432**  
Website: **[www.RCBPhealth.com](http://www.RCBPhealth.com)**

\*While only your doctor can diagnose, prescribe or give medical advice, the Nurse Line can provide information on a variety of health topics.

For your best health, we encourage you to have a relationship with a primary care physician or other doctor. Tell them about your visit to MinuteClinic, or MinuteClinic can send a summary of your visit directly to them.

DialCare IS NOT INSURANCE and is not intended to replace health insurance.

This is a brief description of the Rural Carrier Benefit Plan. Before making a decision, please read the official Plan Brochure (RI 72-005). All benefits are subject to the definitions, limitations and exclusions set forth in the official Plan Brochure.

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