

Where to get care



Get the right care, at the right time and place.

A breakdown based on severity, symptoms, cost and hours of operation.

	Virtual care visits	Doctor's office ¹	Walk-in clinic ¹	Emergency Department (ED)	988 Suicide and Crisis Lifeline
	See a doctor or therapist without leaving your home	Your primary care provider is always a good place to begin	The place for non-life-threatening but urgently needed care	Care for urgent, critical or life threatening illness	24/7 support for mental health related distress
Severity					
Symptoms	- Flu - Allergies - Fever - Sinus infections - Diarrhea - Pinkeye - Skin infection or rash - Earache - Strep	- Mild asthma - Minor fever or burns - Sinus - Ear or throat pain - Allergic reactions - Eye issues - Preventive care visits - Chronic condition management - Vaccination	- Sprains and strains - Animal bites - Painful urination - Rashes without fever - Persistent diarrhea - Small cuts that may require stitches - Allergic reactions - Mild abdominal pain	- Serious injuries - Life threatening situations - Severe abdominal pain - Severe allergic reactions - Difficulty breathing - Chest pain - Severe bleeding	- Thoughts of suicide - Mental health or substance use - Any other kind of emotional distress
Cost					
Hours of operation	Use virtual care visits from your provider or BCBSND's Preferred provider Teladoc	Check your preferred doctor's office hours	Mornings, evenings, and weekends	Access 24/7	Access 24/7



Find providers, virtual care options and care support programs using the Find Care tool located within BCBSND.me

Call 911 or go to the emergency room if you think you are having a life-threatening emergency or if your health is at serious risk by delaying care.

If you or someone you know are experiencing thoughts of suicide, mental health or substance use or any other kind of emotional distress. Call 988 to speak to a trained crisis counselor.

¹Many doctor and urgent care offices offer virtual visits. Talk with your provider about available options.