Be healthy. Be wise.

Visit nhp.org/healthwise to explore the Healthwise Knowledgebase. Search the health resource database for thousands of health topics, including information on medicines and medical tests.

**Searching for a PCP?**

There are several ways to find a PCP.

1. Visit nhp.org/find-a-doctor

2. Call the Customer Service number on the back of your member ID

HMO members can also log onto mynhp.org to select or change their PCP.
First, call your primary care provider’s (PCP’s) office, even when they are closed.

Primary care practices will always have a nurse or doctor on call. This is your best option because they have access to your medical record, can coordinate your care, and often have walk-in hours and urgent care capabilities.

Use your telemedicine benefit.

This audiovisual benefit gives you secure access to a network of doctors from anywhere in the U.S. at any time of the day or night. Learn more at nhp.org/teladoc

A retail walk-in clinic may help.

NHP coverage also allows you to go to a retail walk-in clinic for evaluation and treatment of common minor illnesses. Go to nhp.org/find-a-doctor to locate a retail clinic in our network.

Know your local urgent care options.

In most cases, emergency rooms are more expensive and have longer wait times than urgent care facilities. That’s why we encourage you to seek treatment at an urgent care facility if your condition is urgent but not life-threatening. Urgent care facilities are often open seven days a week and usually have evening hours. Visit nhp.org/find-a-doctor to search in-network urgent care centers near you.

If it’s a life-threatening emergency, call 911.

Or go to your nearest emergency room.

Be Prepared 24/7

Bring this to your PCP and ask about what you should do if you ever need urgent or emergency care.

Do you have walk-in or urgent care hours? When?

Do you have a nurse advice line that’s staffed after hours?

What nearby urgent care centers do you recommend for adults?

What urgent care centers do you recommend for children?

Emergency Contact Information

Primary Care Provider
Name: _____________________________
Address: _____________________________
Phone: _____________________________

Urgent Care Center
Name: _____________________________
Address: _____________________________
Phone: _____________________________

Emergency Room
Name: _____________________________
Address: _____________________________
Phone: _____________________________

Telemedicine
Visit nhp.org/teladoc

24-hour NHP Nurse Advice Line
1-800-462-5449 (TTY users dial 711)
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What to do when you don’t feel well.

And it’s the weekend. Or night.