GENERAL DYNAMICS
Bath Iron Works

Healthy Rewards

I need care... but where?

Take advantage of these resources to find the best care!

Where to go when you need care

When you need medical services, GDBIW offers many options to help you get the best care at the best value. Consider these tips to find the right combination of cost, quality and convenience before you get care.

Three questions to ask yourself

1 **How soon do I need care?**
Unless it's a true emergency, a PCP, MDLIVE or an urgent care center is generally a better use of your time and resources than the ER. If you need routine care quickly, call your PCP or use **MDLIVE***. If you need in-person care and it is after your PCP's office hours, try an urgent care center or walk-in clinic — they're often open every day, have shorter wait times and cost much less than the ER.

2 **Is this a standard, scheduled procedure?**
If you need a standard procedure, such as an X-ray, ear tubes or knee surgery, check **Healthcare Bluebook*** to find out where it's offered for the best value. You could save thousands!

3 **Is my provider in-network?**
Before receiving care, make sure your provider is in your medical plan's network. This means your medical carrier negotiated with the provider, so you pay less.

If you need mental health care

Call **Life365** for free, confidential support, 24/7, at **877-622-4327**.

You and your household members get **8 free sessions** per issue, per year.

Comparing Costs for Care			
LOWER COST $		**HIGHER COST** $ $ $ $	
MDLIVE	**Primary Care Physician (PCP)**	**Urgent Care Center (UCC)**	**Emergency Room (ER)**
Routine conditions such as a cold, sore throat, rash or nausea.	Preventive and wellness screenings and care for routine medical conditions.	Non-life threatening conditions needing immediate care, such as allergies, moderate burns, strep throat, urinary tract infections or small cuts needing stitches.	Life-threatening conditions, such as chest pain, difficulty breathing, head or eye injuries, loss of consciousness or broken bones.

If you do <u>one</u> thing in April, register for MDLIVE. Access MDLIVE through the Healthy Rewards app powered by Castlight* or at **mdlive.com/gd**.

Go to **mycastlight.com/generaldynamics or text **APP** to **35925** to get a link to download the Castlight Mobile app. Message and data rates may apply.*