

NUMBERS TO KNOW

Write down information about where you should go if you are sick or hurt, so you can get help fast.

My Family Doctor (PCP)

Name: _____

Address: _____

Phone Number: _____

Nearest Urgent Care Center

When your doctor's office is closed and it's not an emergency.

Name: _____

Address: _____

Phone Number: _____

Nearest Emergency Room

Name: _____

Address: _____

Phone Number: **911**

My Health Plan

Community First Health Plans (CFHP)

Call: (210) 227-2347

Toll-free at 1-800-434-2347

Nurse Advice Line: (210) 358-3000

CFHP Health Coach: (210) 358-6349

Email: healthyhelp@cfhp.com

Not sure where to go?
Please refer to the back for a guide.

cfhp.com | (210) 227-2347



MAGNET

The Right Care

At The Right Place, At The Right Time

Don't know where to go?

Follow this guide to help you get the right care.

FAMILY DOCTOR



Regular & Preventive care

- Checkups and shots
- Help with illnesses such as asthma and diabetes
- Preventive Care
- Fever, flu, sore throat, coughs
- Infection
- Vomiting
- Injuries such as sprains and cuts

If you don't know who your doctor (PCP) is, call CFHP Member Services at (210) 227-2347.

URGENT CARE



When your doctors office is closed

When you have an urgent health care need and your **PCP is not available**, the **CFHP Nurse Advice Line** is available to assist you with what to do and where to go to care for a healthcare issue.

Call the Nurse Advice Line:
(210) 227-2347 or toll-free 1-800-434-2347.

EMERGENCY ROOM



Dial 911 or go to the Emergency Room if you think your life is in danger.

Fast, life-saving care

- Bleeding that will not stop
- Hard time breathing
- Seizures
- Passing out
- Chest pain
- A serious accident

In any possible poisoning, call the Poison Control Center: (1-800-222-1222) for expert advice. They may direct you to the ER.