

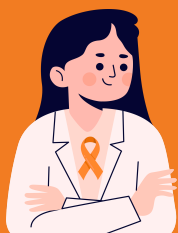


HRS | Employee Benefits

AFTER HOURS CARE



HEALTH ISSUES DON'T WAIT FOR OFFICE HOURS.
HERE'S WHERE TO GO FOR HELP ANYTIME.



1

Talk to a Nurse or Doctor Anytime

24/7 phone or video visits for minor issues:
cold, flu, UTI, pink eye, rashes & more.

Blue Shield: NurseHelp 24/7, Teladoc.
Cigna: MDLIVE, Health Info Line.
Kaiser: Get Care Now, E-visit.

For issues that need same-day attention such
as sprains or falls, minor wounds, fevers or
rashes.

Extended hours & walk-ins available.
Find locations through your plan's app or
website.

2



Urgent Care (Not an Emergency)

Call 911 or go to the ER for: chest pain, trouble
breathing, severe bleeding, stroke symptoms,
major injuries

Know your nearest in-network ER before an
emergency happens.

3



Emergency Room (Life-Threatening)

FOR MORE INFORMATION ON AFTER HOURS CARE VISIT [HRS.OC.GOV/AHC](https://hrs.oc.gov/AHC)