

FEP FOR YOU

APRIL 2026 FEP NEWSLETTER

ALL ABOUT EMERGENCY CARE

Knowing when to go to urgent care or your primary care provider instead of the emergency room (ER) can save you hundreds of dollars and a whole lot of stress. How do you decide where to go when you or your family are unwell? Take our quiz to learn more about your care options. Visit fepblue.org/know-where-to-go-quiz.

Planning ahead helps you get the care you need and feel more confident when health problems arise.



WELLNESS ROUNDUP

Your primary care provider (PCP) knows your medical history, so they can often provide the best care for your needs. You should visit your PCP for things like annual check-ups, ongoing care of existing conditions, and when you experience new symptoms or conditions that are not an immediate threat. To find a primary care provider you love that's near you, use the National Doctor and Hospital Finder tool at fepblue.org/providers.

HERE FOR YOU



APRIL SPOTLIGHT: STRESS AWARENESS MONTH

The ER can be another stressful event to add to an already stressful life. The good news? You have ways to reduce everyday stress — starting with the Stress Management Program from Daily Habits. It's an online resource that rewards eligible members for completing daily wellness activities, like easing stress. To get started, visit MyBlue® at fepblue.org/myblue.

WHERE SHOULD I GO?

When you're faced with different care options, it can be hard to know which one is right. Here's a general guide for where to go when you're not feeling well.*

Primary Care Provider

Your first place to go for health concerns and ongoing condition care.

Teladoc Health®

When your primary care provider is unavailable, telehealth services through Teladoc Health connect you with board-certified doctors who can assist you anytime, anywhere.

Talk to a doctor at 1-855-636-1579.

24/7 Nurse Line

Not sure if you should call a doctor or head to urgent care? Call 365 days a year and our registered nurses can help answer questions and help you decide where to go.

To get started, call 1-888-258-3432.

**This is not a comprehensive list of health care services. Ask your health care provider or call the 24/7 Nurse Line for more specific information that is relevant to you, or in an emergency call 911 or go to the emergency room.*

Urgent Care Center

If you need care right away and your regular doctor is not available, head to urgent care. They take walk-in visits, so you don't need an appointment.

Emergency Room

When you need immediate care for serious or life-threatening situations, call 911 or head to the ER for help.



To search our Urgent Care Center Nationwide Directory, scan the QR code or visit fepblue.org/find-doctor.

Follow us



fepblue.org

This information is not a substitute for medical advice. Talk with your health care provider if you have questions or concerns. This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. For a full description of benefits, please read the Plan's Federal Employees Health Benefits Program brochures (FEP Blue Standard and FEP Blue Basic: RI 71-005; FEP Blue Focus: RI 71-017) and the Postal Service Health Benefits Program brochures (FEP Blue Standard and FEP Blue Basic: RI 71-020; FEP Blue Focus: RI 71-025). All benefits are subject to the definitions, limitations and exclusions set forth in the brochures. The Blue Cross® and Blue Shield® words and symbols, Federal Employee Program®, FEP® and MyBlue® are all trademarks owned by Blue Cross Blue Shield Association.

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