



Healthcare when you need it

Now that you're enrolled, it's important that you call your doctor for a regular checkup as soon as possible. This is especially important if you have a new doctor. It helps the doctor get to know you and check on any health conditions you have. Bring your new ID card with you.

Q&A about appointments

What if...

You need to see a specialist? Your doctor or primary care provider (PCP) will refer you to the specialist you need. You can make that appointment at a time that's best for you.

You need to cancel or change an appointment? Just let the doctor know 24 hours in advance, so that someone else can use that time.

You need urgent care? If your condition isn't life-threatening, call your PCP's office. Staff can tell you what to do. Your PCP can usually see you within 48 hours. If your doctor's office is closed or you need care sooner, go to an Urgent Care clinic. These clinics usually have longer hours on weekdays and weekends. You will also get treatment faster.

It's a real emergency? If you or a family member is bleeding heavily, has chest pains, has trouble breathing, has been poisoned, or has severe burns, go to the ER. If the person is unconscious or not responding, or any time you feel a life is in danger, CALL 911.

You need care after office hours? Call your PCP's office anyway. The answering service will get hold of your doctor and he or she will call you back as soon as possible.

You're out of our network's area? If you're not in a county that Maryland Physicians Care covers, you're covered for emergency services only. If you're not sure, call Member Services at **1-800-953-8854**.

Our Prevention and Wellness programs have great tips for staying healthy

Maryland Physicians Care offers many health education classes and services to help you stay well. You'll get a regular member newsletter to keep you informed. You can find more information in your Member Handbook. Also, remember to check out our Health & Wellness page on this website. Questions? Just call **1-800-953-8854** and ask to be transferred to our Prevention and Wellness department.

Check the events section for what's happening in your neighborhood

Our active Prevention and Wellness program holds fun community events that focus on how to keep healthy.

