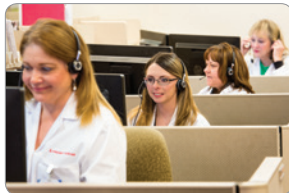


No-Cost Access to Healthcare

When and How You Want It



PresRN Nurse Advice Line



Speak with a registered Presbyterian nurse for medical advice at no cost 24 hours a day, every day, including holidays. Call (505) 923-5570 or 1-866-221-9679.

For details, visit www.phs.org and search for "PresRN."

Video Visits



See a provider anytime, day or night. This option offers a new way to see a medical provider for non-emergency medical conditions via secure video through a smartphone, tablet or

computer webcam. Visits are \$0. (\$40 per visit for High Deductible Health Plan members).

For details, visit www.phs.org/videovisits.

Online Visits



With Online Visits patients who have previously visited a Presbyterian facility can save a trip to a provider's office. Through our online system, Presbyterian Medical Group providers

diagnose, treat and prescribe medications. Online Visits are available 24/7.

For details, visit www.phs.org/onlinevisits.

MyChart



Members with a Presbyterian Medical Group provider can send electronic messages and communicate with their care team, request prescription renewals and schedule office or telephone

visits. You can also view medical records, lab and radiology reports, procedures and test results.

For details, visit www.phs.org/mychart.

Talkspace



Messaging therapy offers members age 14 and older behavioral health coaching with licensed behavioral therapists via text, video or

audio messaging at a time and place that is convenient for them.

Go to www.talkspace.com/php to access the program.

myPRES



Get the information you want when you need it. Presbyterian's web-based services offer fast and convenient service any day of the year.

To sign in or register, visit www.phs.org/myPRES.

- Look up benefit information securely, view claims status and track deductibles.
- Estimate out-of-pocket costs for common medical treatments and procedures with a Treatment Cost Calculator.
- View or request a replacement member ID card.

Convenient Urgent Care Options

In-Person Care for Minor Illness or Injury

When quick care isn't an option and a primary care provider is unable to see you, get help with minor illnesses and injuries at one of our urgent care clinics.

For added convenience, Presbyterian Medical Group clinics now offer same-day scheduled appointments. Walk-in appointments are accepted based on availability. Visit phs.org/urgentcare for details.

Albuquerque's Only 24/7 Urgent and Emergency Care Option

PRES Now

24/7

Urgent and
Emergency Care

PRESNow gives Albuquerque residents a new choice for medical care. You no longer have to guess if it's an emergency because medical staff decides the level of care needed. Both Urgent and Emergency Care are open 24 hours a day. Two Albuquerque locations are open now with two more coming soon.

Visit PRESNow247.org to learn more.

View and access same-day care options using our new self-guided navigation site by visiting www.phs.org and selecting "Get Care Today."

Finding a Healthcare Provider

Wherever you go, we've got you covered

Seeking care in New Mexico?



Create a personalized provider directory for providers who are close to work or home, find specific providers (including primary and specialty care providers), narrow the

search to match preferences (such as a male or female provider), and find facilities and pharmacies.

Visit www.phs.org/directory.

Seeking care outside of New Mexico?



Receive in-network benefits outside of New Mexico with nearly 900,000 providers through our partnership with the PHCS/MultiPlan National Network.

Visit www.multiplan.com/presbyterian to search for providers in the national network.

Presbyterian complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (505) 923-5420, 1-855-592-7737 (TTY: 711).

Díí baa akó nínizín: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jjik'eh, éí ná hóló, kojí' hódíłnih (505) 923-5420, 1-855-592-7737 (TTY: 711).