EmblemHealth | UnitedHealthcare

NYCE PPO: Know Before You Go

With the New York City Employees PPO plan (NYCE PPO), getting the right treatment starts with knowing where to go. A little bit of planning goes a long way. Knowing your options can help you save time and money while getting the care that best fits your needs. And of course, call 911 if you are having an emergency.

Care Options To Consider

	Doctor's Office **$**	**Teladoc®** **$**	**Urgent Care** **$$**	**Emergency Room** **$$$**
	Preventive care, manage a chronic condition, or when you feel sick.	24/7 virtual care with a doctor.	Immediate care for non-life-threatening situations.	Treatment for severe illness and trauma.
	$0 ACPNY,* NYC H+H.** **$15** participating primary care providers. **$30** participating specialists.	**$10.** Register or sign in at **teladoc.com** or call **800-TELADOC** (**800-835-2362**; TTY: **711**).	**$25** NYC H+H.** **$50** participating. **$100** nonpreferred.***	**$150.** Waived if admitted.
Allergies	✓	✓		
Animal and insect bites			✓	
Severe asthma			✓	
Broken bones or sprains			✓	✓
Burns or cuts			✓	
Car accident, severe falls, or a deep wound				✓
Chest pains				✓
Common cold or sinus pressure	✓	✓	✓	
Conjunctivitis (pink eye)	✓	✓	✓	
Difficulty breathing				✓
Major head, neck, or back injuries				✓
Mild vomiting or diarrhea	✓	✓	✓	
Preventive care	✓			
Rashes	✓	✓		
Routine tests (cholesterol, blood pressure, etc.)	✓	✓		
Sore throat	✓	✓		
Sudden speech or balance issues; numbness on one side of the body				✓
Uncontrollable bleeding				✓
Urinary tract infection	✓	✓	✓	

*AdvantageCare Physicians. **New York City Health + Hospitals. ***Including CityMD and ProHealth Urgent Care within the 13 downstate New York counties (EmblemHealth service area).

Sign In To Find Care

Scan the QR code to sign in to your member portal or register at **nyceppo.com/sign-in**. Once signed in, you can search for in-network doctors, specialists, hospitals, and urgent care centers. Or download the New York City Employees PPO plan (NYCE PPO) app and find care wherever you are. You can also call **212-501-4444** (TTY: **711**).

This is for informational purposes and is intended only as guidance. Treatment should be sought at the location that you think is most appropriate for your symptoms. The above is not medical advice and should not be substituted for regular consultation with your health care provider. If you have any concerns about your health, please contact your health care provider's office. Also, this information is not intended to imply that services or treatments described here are covered benefits under your plan – or that all services and treatments are covered in all settings. Please refer to your Summary of Benefits and Coverage, Summary Plan Description, or other plan documents for specific information about your benefits coverage.

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