

Quick-Care Options

Fevers and flu, bumps and bruises can happen anytime. If you need care for non-life-threatening conditions and can't get to their doctor, these quick-care options feature shorter wait times and lower copays than the emergency room. Plus, referrals are not required.

- **E-Visits** - Do you need help with a simple medical condition like the flu or a sinus infection? You can skip a trip to the doctor's office with E-Visits, an online diagnosis and treatment service.
 - [Learn more about E-Visits](#)
- **Extended Hour Clinics** – Usually open evenings and weekends, these clinics are open when doctors' offices are closed. They can see you without an appointment for just about anything you'd normally see your regular doctor for.
- **Walk-in Clinics** – Found in some major pharmacies such as CVS and Walgreens, they treat minor infections such as rashes, minor burns, coughs, sore throat, eye pain or irritation, ear or sinus pain, burning with urination, minor fever, bumps, cuts, and allergic reactions.
- **Urgent Care** – They can provide X-rays, administer IVs and treat minor and moderately severe non-life-threatening conditions such as sprains, strains, mild asthma, nausea, diarrhea, stitches, animal bites, minor headache, and back pain.

It's important to understand your options and use your best judgment when deciding which option is right for you.

Cancer Screenings

Preventive care screenings can lead to early detection of cancer, the next best thing to prevention. Thanks to the Affordable Care Act (ACA), you may be eligible for mammography, colonoscopy and other preventive care services at no additional cost. Visit the [Health and Wellness Programs](#) page of our website — preventive care section — for a complete list of preventive care services.

Access Information by Using Our Self-Serve Tools

- **Member Portal** – You can order ID cards, view claims history and Explanations of Benefits (EOBs), review benefits and deductibles, and much more. You can access the member portal through bswh.swhp.org or go straight there at portal.swhp.org.
- **MyBSWHealth App** – The easy, convenient way to manage healthcare and access benefits on the go. To get the app, visit the App Store or Google Play. For best results, you should sign up with the same username/password you use to log in to the member portal.