

Health Insurance from a Name You Know and Trust

As the largest health care insurer in the Mid-Atlantic region, CareFirst BlueCross BlueShield (CareFirst) offers Howard County Public School System employees comprehensive and convenient-to-use health coverage.

Take advantage of your benefits

- **Large BlueChoice provider network.** Choose any doctor from our large network of BlueChoice providers. Our network includes primary care providers (PCPs), specialists and hospitals in Maryland, Washington, D.C. and Northern Virginia, giving you many options for your health care.
- **No referrals needed.** No extra paperwork to see specialists.
- **Predictable copays.** \$10 PCP, \$20 Specialist, \$50 Emergency Room (ER copay waived if admitted.)
- **Mobile access anytime, anywhere.** Log in to our mobile app quickly with iPhone's Touch ID. Search for providers, locate nearby urgent care and pharmacies, and view digital member ID cards.
- **Easily manage your health care anytime, anywhere.** My Account is an online tool that lets you manage your personal health care information.
- **Emergency or urgent care coverage.** You are covered even when you are outside CareFirst BlueCross BlueShield's service area (Maryland, Washington, D.C. and Northern Virginia).

CloseKnit Virtual Care

CloseKnit gives you 24/7 access to the support you deserve—from primary and urgent care to therapy and more* through your desktop or the convenient CloseKnit mobile app. The app can be downloaded from Apple App Store or Google Play.

CloseKnit Offers:

- **Primary Care**—Full-service primary care from a dedicated care team, including 24/7/365 chat services. *For adults age 18+.*
- **Urgent Care**—The care you need to treat minor injuries and illnesses fast. Average wait time is 30 minutes or less. *For adults and children (age 2+).*
- **Behavioral Health Services**—Expert help, including therapy for depression, anxiety or other behavioral health diagnoses. *Psychiatric services coming soon.*
- **Lactation Support**—Assistance for nursing mothers with breastfeeding challenges. *Coming soon.*
- **Diet & Nutrition**—Guidance and support for healthy eating, weight loss and more. *Coming soon.*

* Providers will use their professional judgment to determine if a telemedicine visit is appropriate or if an in-person visit is required



Visit carefirst.com/hcpss

For more information, call Customer Service at 833-756-2127.

CloseKnit is a registered Trademark owned by, and is the trade name of, Atlas Health, LLC. Atlas Health, LLC d/b/a CloseKnit does not provide Blue Cross Blue Shield products or services and is providing telehealth services to CareFirst members.

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