



Building Service 32BJ Benefit Funds

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www.seiu32bj.org

212-388-3500 Benefits Information

212-388-2000 General Information

HEALTH TIPS

Getting Emergency Care

Remember to save the emergency room (ER) for true emergencies. The ER is no place to get regular care. The doctors don't know you or your medical history, and they can't follow-up with you. Also, the ER is expensive. There's your \$50 co-pay (unless you get admitted to the hospital from the ER or a nurse from the Nurses Healthline told you to go to the ER), plus the approximately \$400 that the Health Fund pays.

The Health Fund can help stretch your medical benefits further and better help you get the high-quality care that your coverage offers when you use participating Empire Direct POS doctors and hospitals. Be sure to choose a network doctor and get regular check-ups. Then if you have an urgent health need, you'll have someone to turn to who knows you.

How to find a network hospital and ER

You should know where the closest network hospitals are to your home and work. That way, when you have a choice, you can choose an ER in a network hospital. To find the network hospitals near you:

1. Go to www.empireblue.com
2. Under "What would you like to do today?," click on "Find a doctor"
3. Under "Find a doctor or hospital," click on "In Empire's local area network"
4. Select your health plan: Direct POS
5. Select type of provider: Hospitals
6. Enter your home or work address, or just your zip code. You'll get a list of nearby network hospitals. Or, call the Health Fund at 212-388-2174 and ask which hospitals near you are in the Empire Direct POS network.

