Need Care After Hours?

Get medical care 24/7/365!

Ever wake up in the middle of the night with a painful earache or just not feeling well? For times when your primary care provider (PCP) isn’t available, CareFirst offers our members two options for non-emergency care.*

**FirstHelp—free nurse advice line**
Call 800-535-9700 anytime to speak with a registered nurse about your treatment options. Nurses can provide medical advice and direct you to the most appropriate care.

**CareFirst Video Visit**
See a doctor 24/7/365 on your smartphone, tablet or computer, for treatment of common health issues like flu and pink eye. For most CareFirst health plans, Video Visit costs the same as your PCP sick office visit copay (up to a maximum of $49). Visit carefirstvideovisit.com

*Always call 911 or go straight to the ER if you have a life-threatening illness, injury or emergency.

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