Notice of Nondiscrimination

Security Health Plan of Wisconsin, Inc., complies with applicable federal civil rights laws and does not discriminate, exclude or treat people differently on the basis of race, color, national origin, religion, pregnancy and related conditions, sex (including sexual orientation, gender identity, sex stereotypes, sex characteristics and intersex traits), age, disability, health status, marital status, arrest or conviction record or military participation in the administration of the plan, including enrollment and benefit determinations.

Limited English Proficiency Language Services

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-472-2363 (TTY 711). **ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-472-2363 (TTY 711). **LUS CEEV:** Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-472-2363 (TTY 711).

If you require materials in large print, please call 1-800-472-2363 (TTY 711).

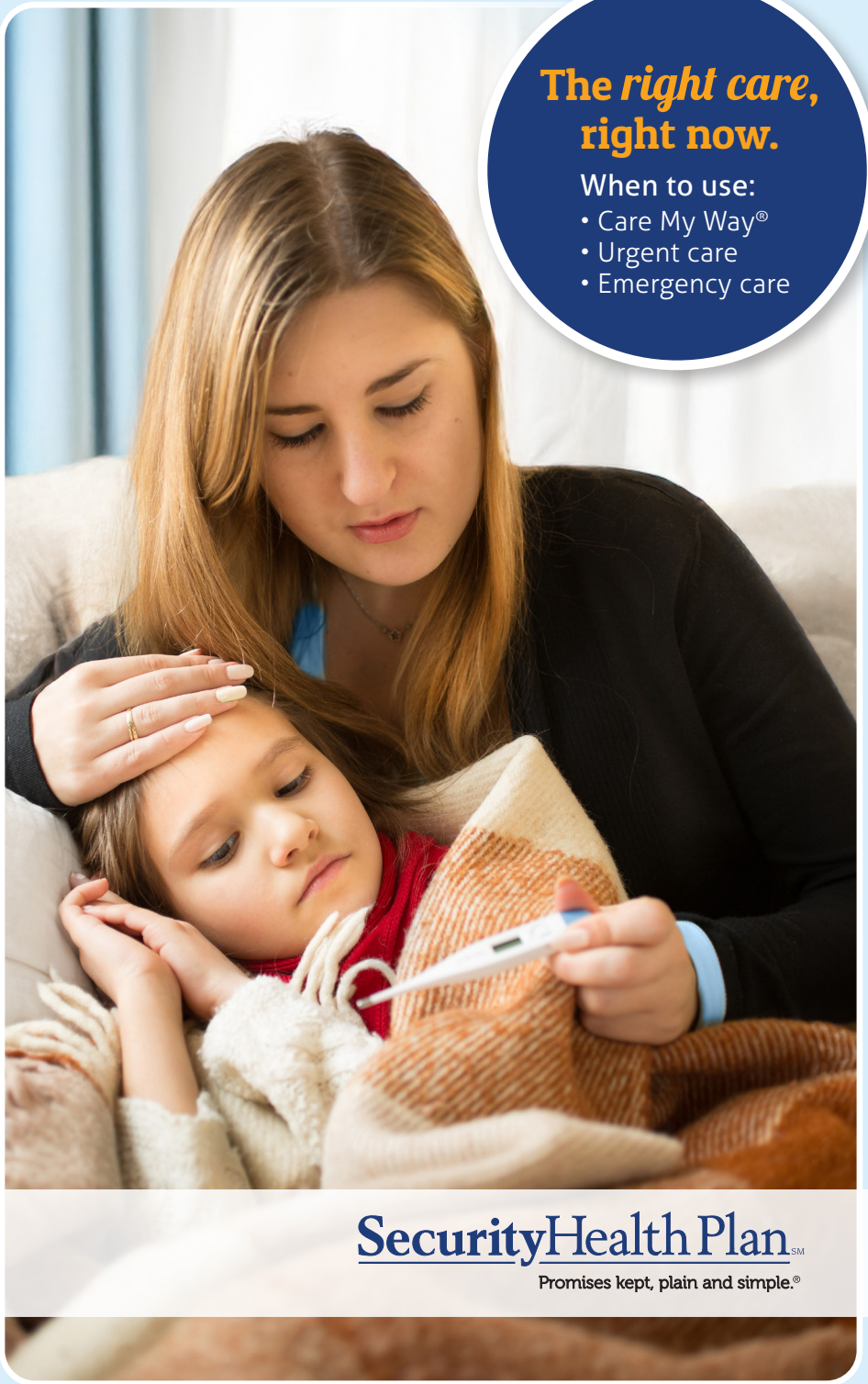
SecurityHealth Plan℠
Promises kept, plain and simple.®

1515 North Saint Joseph Avenue
P.O. Box 8000
Marshfield, WI 54449-8000

1-800-472-2363 (TTY 711)
715-221-9199

shpcsweb@securityhealth.org

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Receiving *care* after hours...

Security has *you* covered!

When every minute counts, feel confident in where to go for your health care needs.

You have a minor burn



Start by calling Care My Way

Call **1-800-549-3174**

An appointment coordinator will ask you about your health problem.

A nurse will advise you based on your responses and may:

- Provide instructions for care at home.
- Call a prescription in to your preferred pharmacy.
- Suggest you visit a health care provider.
- Recommend you visit urgent care or the emergency department.

Care My Way® is available 7 days a week, including holidays.

Care My Way®

You can receive care virtually using the Care My Way® app or by calling **1-800-549-3174**. Once you explain your symptoms, a trusted, experienced nurse practitioner provides a quick diagnosis and treatment plan for conditions that normally require an office visit. Care My Way nurse practitioners can even send prescriptions to the pharmacy of your choice. Services are available 24 hours a day, 7 days a week, in all 50 states.

There's an app for that!

Download the Care My Way app for a virtual visit and care on the go.

GET IT ON Google Play | Download on the App Store

Most members of Security Health Plan receive unlimited visits with Care My Way. For more information about the service, visit **www.securityhealth.org/CareMyWay**.

Emergency department vs urgent care

Emergency department	Urgent care
In a medical emergency or in doubt, call 911. Emergency departments treat sudden, ongoing or severe illnesses, injuries, pain and other emergent symptoms, including but not limited to: • High fever • Eye injuries • Head injuries • Abdominal pain • Persistent chest pain • Blood in stool	You can receive care at an urgent care location or virtually using Care My Way for conditions such as: • Cold or flu • Joint or back pain • Eye irritation or pink eye • Allergies or bronchitis • Rashes, hives or infections