

# EMERGENCY PLANNING

In an emergency, having a plan can save lives.  
Here are some tips to help you prepare for the unexpected.

# 1

Have a plan.  
Visit [ready.gov](http://ready.gov)  
and [redcross.org](http://redcross.org)  
for info.

# 2

Prepare an  
Emergency kit.



# 3

Blue Cross and Blue Shield of New Mexico is prepared to help you by:

- Explaining the options for accessing care
- Helping to locate a network provider, hospital or dialysis center
- Assisting with early refills of prescription medications
- Working to ensure transition of care or continuity of care needs are met
- Accessing your member identification information

**Emergency Kit Contents:** A. Whistle B. Phone C. Trash Bags D. First Aid Kit E. Flashlight F. Dust Mask G. Batteries H. Hand-crank Radio I. Duct Tape J. Water K. Food L. Local Map M. Can Opener N. Plastic Sheet O. Wrench or Pliers P. Family Documents Q. Prescriptions

**For an emergency situation, go directly to the nearest hospital. For non-emergency care needs, call the customer service number on your ID card to locate a network provider.**



**BlueCross BlueShield of New Mexico**