



Finding care



Finding care while traveling

You are always covered with our national extended network. If you are traveling and a health issue arises, you can access our extended network of urgent care centers, thousands of hospitals, and more than 500,000 physicians.

You will receive the highest level of coverage when you use a participating urgent care facility or other provider. To find a participating provider in our extended network, you can call UPMC Health Plan Member Services or search our online provider directory.



Dependents who live outside the service area

If you have dependents (up to age 26) who live outside the service area, they have coverage through our national extended network.

If your dependents attend school, they can receive in-network care by using an on-campus student health center or our national extended network.



Global emergency travel assistance services provided through Assist America¹

You can use this service when you travel more than 100 miles from home (including to another country) for less than 90 days. If you experience a medical emergency, Assist America can connect you to doctors, hospitals, pharmacies, and more.

Services include, but are not limited to:

- Emergency medical evacuation.
- Medical monitoring and referrals.
- Medical repatriation.
- Foreign hospital admission assistance.
- Prescription assistance.



UPMC AnywhereCare

Help with nonemergency conditions—such as cold symptoms, allergies, and pink eye—is just a virtual visit away 24/7 with UPMC AnywhereCare. Learn more at www.upmcanywherecare.com.²