

# 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.



**Emergency Kit Contents:** A. Whistle B. First Aid Kit C. Phone D. Trash Bags E. Flashlight  
F. Batteries G. Hand Crank Radio H. Dust Mask I. Duct Tape J. Water K. Food L. Local Map

# 3

Blue Cross and Blue  
Shield of Montana 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

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



**BlueCross BlueShield  
of Montana**

**DON'T WAIT. COMMUNICATE.  
MAKE YOUR EMERGENCY PLAN TODAY.**



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!

FEMA AMERICA'S  
PrepareAthon! Ready.