Dizzy? Tell Your Doctor.

Your doctor can assess whether your symptoms might be caused by a serious disorder, such as a heart or blood condition, or one of many other causes, including ear infection, injury, or certain medications.

Discuss your symptoms with a health care provider if you often feel:

• Unsteady, or as if you’re moving, when standing or sitting still.

• Lightheaded, as if you might faint.

• Your vision becoming blurred.

• Disoriented, losing your sense of time, place or identity.

If you are a UT SELECT Medical Plan member and do not currently have a primary care doctor, you can use the Provider Finder at http://www.bcbstx.com/ut/ to find a doctor that is covered by your benefits.