

WHERE SHOULD YOU GO FOR CARE?

Choosing the right setting saves you time, money, and stress.

The Right Care. The Right Place. The Right Cost.

Knowing where to go helps you:



Get treatment faster



Avoid unnecessary ER visits



Reduce out-of-pocket costs



Maximize your health plan benefits



Emergency Room (ER)

Typical cost: \$\$\$\$

GO HERE FOR

- Chest pain
- Difficulty breathing
- Stroke symptoms
- Severe burns
- Major injuries
- Uncontrolled bleeding

Best when: a condition is life-threatening or could cause permanent damage if not treated immediately.



Urgent Care

Typical cost: \$\$

GO HERE FOR

- Minor fractures
- Sprains
- Stitches
- Ear infections
- Flu symptoms
- Minor burns

Best when: you need same-day treatment and your doctor isn't available.



Telehealth

Typical cost: \$

GO HERE FOR

- Cold and flu symptoms
- Allergies
- Pink eye
- Sinus infections
- Medication questions
- Minor skin conditions

Best when: you want fast care from home.



Primary Care Provider (PCP)

Typical cost: \$

GO HERE FOR

- Annual physicals
- Ongoing conditions
- Preventive care
- Chronic disease management
- Health screenings

Best when: building a relationship with a provider who knows your health history.