

Where to turn for healthcare

Where you receive services makes a difference on your costs.

Telemed - \$0

TeleMed is perfect for minor aches and ailments.

Some 70% of doctor visits can be handled over the phone. There is no cost for a consult and you can receive a diagnosis and prescription for many common illnesses.

Call 1-877-872-0370 for a no cost consultation.

- Allergies
- Asthma
- Bronchitis
- Cold or Flu
- Ear Ache
- Fever
- Heartburn
- Nausea
- Rash
- Sinus Infection
- Sore Throat
- Many more

Office Visit - \$

Schedule a visit with a participating provider for non-life-threatening conditions.

Sprains, back pain, minor cuts or burns, and minor eye injuries are good examples of conditions where a visit to your primary care provider is your best option.

A convenience clinic would also work well with these types of care and cost of services.

Urgent Care - \$\$

Visit an Urgent Care facility for non-life-threatening but urgent care needs.

Urgent Care facilities give you the convenience of extended hours and a much lower cost for many medical situations. Stitches, x-rays, broken bones, and labs can be handled at most Urgent Care facilities.

Emergency Room - \$\$\$

Visit the ER for serious and/or life-threatening conditions.

ERs are not set up to care for routine illness and work on the most serious cases first. This means you may have to wait longer for your care and costs are very high.

Visit the ER if you experience:

- | | |
|--------------------------|----------------------|
| Trouble Breathing | Deep wound |
| Sudden, unusual headache | Seizure |
| Signs of stroke | Head or spine injury |
| Severe chest pain | Broken bone |
| Heavy bleeding | |

Minor

Major

Questions?

As always, we are here to help. Call customer service at 800-662-5851.