

Where Should I Go For Treatment?

Sometimes it's confusing to know when you should go to an ER or when you can just visit a clinic. Simply making a doctor's appointment can save you time and money. And there are those times that a telemedicine provider can offer the services you need.

Note: Always check your health benefits' plan for coverage and deductibles.

Make an Appointment - \$



Make an appointment to see your primary care doctor for:

- Allergies
- Asthma attacks
- Burns (*minor*)
- Congestion or flu symptoms
- Earaches
- Eye or skin infections
- Flu shots and other vaccines
- Head injuries (*minor*)
- Medication refills & changes
- Nausea, vomiting, & diarrhea
- Rashes
- Cold symptoms - sore throat, high fever, constant coughing
- Sprains & strains, deep bruises
- Urinary tract infections.
- Your regular physical exam.

Go to Extended-Hours or Urgent Care Clinics



Extended-hours clinics provide routine care as listed above, typically after normal business hours. Some clinics have Saturday hours and appointments are not needed.

Urgent care is a good option when your doctor is not available and your condition requires immediate care, but is not life threatening. It's a good practice to make sure the facility is in-network.

Use Telemedicine



Doctor consultations have never been more convenient. If telemedicine is part of your health plan, you have the flexibility and convenience of getting real-time care with providers.

- Visits anywhere.
- Open 24 hours.
- No appointments.
- Prescriptions.

Go to the Emergency Room - \$\$\$



Go to the ER as soon as you can for life or limb threatening conditions:

- Asthma or allergic reactions (*severe*).
- Broken bones where the bone has broken the skin.
- Burns or electrical shock (*severe*).
- Coughing or vomiting blood.
- Difficulty breathing.
- Loss of consciousness.
- Poisoning or overdose.
- Severe diarrhea or dehydration.
- Suicidal feelings.
- Trauma head or eye injuries.
- Uncontrollable bleeding.

Call 911



Call 911 if you or someone near you experiences:

- Heart attack symptoms.
- Seizure.
- Severe abdominal pain.
- Stroke symptoms.