



















# Save Time & Money with the Right Care

| Level of Care            | Your Copay      | Plan Cost         | Wait Time   | Total Time  |
|--------------------------|-----------------|-------------------|---|---|
| <b>Call Virtual Care</b> | <b>Free</b>     | <b>\$</b>         |    |    |
| <b>Your Doctor</b>       | <b>\$</b>       | <b>\$\$</b>       |  -    |    |
| <b>Specialist</b>        | <b>\$\$</b>     | <b>\$\$\$</b>     |  - <br>Can take 2 plus weeks to get appointment |    |
| <b>Urgent Care</b>       | <b>\$\$\$</b>   | <b>\$\$\$\$</b>   |    |    |
| <b>Emergency Room</b>    | <b>\$\$\$\$</b> | <b>\$\$\$\$\$</b> |  - <br>Longer wait times for non-emergency care |     |

## Call Virtual Care for health concerns, such as:

- Acne
- Allergies
- Cold & flu
- Earaches
- Prescription refills
- Pink eye
- Urinary Tract Infections
- Wellness screenings

## Go to Your Doctor for routine care, such as:

- Check ups
- Health concerns, minor illnesses, or injuries
- Screenings & vaccines
- Managing routine labs
- Guiding your care
- Providing specialist referrals

**Your doctor knows your lifestyle and medical history. Most doctors offer telehealth visits as well as after-hours access by phone or email & will try to work you in if you have an urgent need for care.**

## Go to Urgent Care

**for illnesses and injuries that require prompt attention but are not emergencies, such as:**

- Fever, cold, or flu symptoms
- Earaches
- Sprains, strains, or minor fractures
- Minor cuts, scrapes, or burns
- Urinary tract infections
- Animal or insect bites
- Vomiting & diarrhea
- Mild allergic reactions or rashes

## Go to the ER

**for serious or life-threatening conditions, such as:**

- Chest pain or pressure
- Difficulty breathing
- Sudden confusion or changes in mental status
- Signs of a stroke, like sudden weakness or numbness on one side of the body, or loss of vision
- Severe head injuries or loss of consciousness
- Severe burns, deep wounds, or uncontrolled bleeding

