






# Know Where to Go



When it comes to being in need of care, knowing your options can be essential to receiving the appropriate care for the best price. Consider the following options the next time you find yourself sick or injured.

Always follow up with your primary care provider if you seek service outside of their care. This information is not intended to be medical advice.

WHERE TO GET CARE	WHAT IT IS	VISIT FOR...	WAIT TIMES	COST*
	<b>Telehealth</b> Speak with a doctor virtually using your provider's online services.	Routine care for colds, sore throats, stomach aches, etc.	Appointments are typically available in 1 hour or less.	\$
	<b>Retail Clinic</b> Walk-in clinics found in some grocery stores or pharmacies.	Routine care for moderate illness such as sinus infections, rashes, or fever.	No appointment required, wait times vary.	\$\$
	<b>Primary Care Provider</b> Your physician with traditional office hours.	Ongoing and personalized care based on your medical history.	Appointment required, call ahead.	\$\$
	<b>Urgent Care</b> A stand-alone facility that takes walk-ins for non-life-threatening injuries or illnesses.	Non-life-threatening problems that need immediate attention, such as sprains.	No appointment required, wait times vary.	\$\$
	<b>Emergency Room</b> In the event of a life-threatening emergency, call 911 for transport to the nearest ER.	All life-threatening or disabling conditions, trauma care, and major illnesses.	No appointment required, wait times vary.	\$\$\$

\*Note that costs will vary depending on your insurance. Check your summary of benefits and coverage for more information.



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