

# Where to Turn for Health Care

**Where you receive medical services makes a huge impact on your costs.**

Choosing the right health care service can provide more appropriate care, more convenience, and more reasonable costs to you.



## 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 the following ailments:

- Allergies
- Asthma
- Bronchitis
- Cold or Flu
- Ear Ache
- Fever
- Heartburn
- Nausea
- Rash
- Sinus infection
- Sore throat



## 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 (ER) Visit \$\$\$\$

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

**Have questions? Give us a call:**

Local: 801.262.7475 | Toll Free: 800.662.5851

Minor

Major