

# Know where to go for CARE

When you're sick or injured, deciding where to get care is the last thing you want to worry about. Understanding your options now will make decisions easier when you need care.



**TELEMEDICINE**- Provides access to U.S. board certified physicians and pediatricians via phone or video at any time (24/7/365). The service is secure, confidential, and compliant with all medical privacy regulations. Telemedicine is a less expensive alternative to in-office doctor or urgent care visits. For routine illnesses such as the cold & flu, ear infections, allergies and more this is a great option. For non-emergency situations and times when your primary physician is not available, consider Telemedicine.

**PRIMARY CARE**- A primary care doctor plays a very important part in your long term health. The doctor knows your medical history and the conditions you've suffered from and has access to your medical records. That means the doctor can come to more educated conclusions when you come in with symptoms. Just as importantly, the doctor is your home base for illness or chronic condition management and can advise you on the next step based on everything you've already tried. Crucial consistency is not something you can get at urgent care centers.

**URGENT CARE**- If you are unable to see your primary care doctor during regular office hours, an urgent care center may be used as a supplement. Urgent care centers support patients going through urgent medical conditions. Office hours are extended into the evening and through the weekend. There is usually a medical doctor on call but you may receive services from a nurse practitioner or physician assistant. The cost for urgent care may be twice as much as a doctor's office. Remember, urgent care is not a substitute for a primary care physician.

**EMERGENCY ROOM**- Emergency rooms are the best place for treating severe and life-threatening conditions. They're open 24 hours, seven days a week. Specialized care is available but also makes it the most expensive type of care.

The important thing is, use your best judgment when choosing where to get care.