

# Right care. Right place. Right savings.



With many options for getting care, how do you choose? This chart can help you understand where to go for what – and how you can save money.

Where to get care	What it is	Type of Care	Cost
<b>NurseLine<sup>SM</sup></b> 	NurseLine <sup>SM</sup> connects you with registered nurses 24/7: <b>1-877-440-0547</b> .	<ul style="list-style-type: none"> <li>Choosing appropriate medical care</li> <li>Finding a doctor or hospital</li> <li>Understanding treatment options</li> <li>Achieving a healthier lifestyle</li> <li>Answering medication questions</li> </ul>	<b>No additional cost</b>
<b>Virtual Visit</b> 	A virtual visit lets you see a doctor via your smartphone, tablet or computer.	<ul style="list-style-type: none"> <li>Allergies</li> <li>Bladder infections</li> <li>Bronchitis</li> <li>Cough/colds</li> <li>Diarrhea</li> <li>Fever</li> <li>Pink eye</li> <li>Rashes</li> <li>Seasonal flu</li> <li>Sinus problems</li> <li>Sore throats</li> <li>Stomach aches</li> </ul>	<b>\$</b>
<b>Convenience Care Clinics</b> 	Visit a convenience care clinic when you can't see your doctor and your health issue isn't urgent. These clinics are often in stores.	<ul style="list-style-type: none"> <li>Common infections (e.g. strep throat)</li> <li>Minor skin conditions (e.g. poison ivy)</li> <li>Vaccinations</li> <li>Pregnancy tests</li> <li>Minor injuries</li> <li>Ear aches</li> </ul>	<b>\$\$</b>
<b>Primary Care Physician</b> 	Go to a doctor's office when you need preventive or routine care. Your primary doctor can access your medical records, manage your medications and refer you to a specialist, if needed.	<ul style="list-style-type: none"> <li>Checkups</li> <li>Preventive services</li> <li>Minor skin conditions</li> <li>Vaccinations</li> <li>General health management</li> </ul>	<b>\$\$</b>
<b>Urgent Care</b> 	Urgent care is ideal for when you need care quickly, but it is not an emergency (and your doctor isn't available). Urgent care centers treat issues that aren't life threatening.	<ul style="list-style-type: none"> <li>Sprains</li> <li>Strains</li> <li>Small cuts that may need a few stitches</li> <li>Minor burns</li> <li>Minor infections</li> <li>Minor broken bones</li> </ul>	<b>\$\$\$</b>
<b>Emergency Room</b> 	The ER is for life-threatening or very serious conditions that require immediate care. This is also when to call 911.	<ul style="list-style-type: none"> <li>Heavy bleeding</li> <li>Large open wounds</li> <li>Sudden change in vision</li> <li>Chest pain</li> <li>Sudden weakness or trouble talking</li> <li>Major burns</li> <li>Spinal injuries</li> <li>Severe head injury</li> <li>Breathing difficulty</li> <li>Major broken bones</li> </ul>	<b>\$\$\$\$</b>

NurseLine<sup>SM</sup> is for informational purposes only. Nurses cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor's care. NurseLine services are not an insurance program and may be discontinued at any time.

Virtual visits are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times or in all locations.

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