



Consumer Maneuvers

Health benefits education
to save you money

Where to Go for Care

Knowing where to seek care is crucial and can help you save money. It's important to choose the most appropriate and cost-effective healthcare setting for your specific needs.

Office Visits (\$)

For most illnesses or injuries, the best choice for medical care is a visit to your regular doctor. Your doctor knows your medical history and has the expertise to diagnose and treat most common conditions.

Telemedicine (\$)*

You can speak to a doctor via video call when you're experiencing symptoms from allergies, arthritis, bronchitis, insect bites and more. The licensed physician you speak to can prescribe medication for many conditions all without a trip to a doctor's office.

Convenient Care (\$\$)

Convenient care clinics are for common illnesses and injuries, but there is no appointment necessary. They are staffed by board-certified family practitioners and, on average, cost under \$80 per visit. When you can't get into your doctor, but need a prescription for an illness, a convenient care option might be the right fit.

Urgent Care (\$\$\$)

Sometimes you might find yourself or a family member in a medical situation that requires immediate care. You should consider an urgent care if:

- Your doctor advises it
- Your symptoms occurred outside your doctor's hours and are too severe to wait (but aren't severe enough for the emergency room)

Emergency Room (\$\$\$\$)

ER visits are the most expensive type of outpatient care. Emergency rooms should be used for true emergencies. If you have shortness of breath or severe pain, a broken bone, a wound that won't stop bleeding, decreased mental activity, an emergency room is the right fit.

*Check your benefit information to find out if telemedicine is available to you.