

# Unlock Affordable Wellness

## Your Guide to High-Value Healthcare

Where you receive services makes a difference on your costs. In general, following the guidelines below will provide you with the best value. Please refer to your specific plan summaries for your costs.



### TeleMed is perfect for minor aches and ailments.

Approximately 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. Learn more about telemed [here](#).

- Allergies
- Asthma
- Bronchitis
- Cold or Flu
- Ear Ache
- Fever
- Heartburn
- Nausea
- Rash
- Sinus Infection
- Sore Throat
- Many more



### Schedule a visit with a network provider for preventative care, routine care, or 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.



### Visit an Urgent Care facility for non-life-threatening but urgent care needs.

Urgent Care facilities offer the convenience of extended hours and lower costs for many situations. Stitches, x-rays, broken bones, and labs can be handled at most Urgent Care locations.

*\*During business hours, check with your network provider to see if they can handle your condition before going to urgent care.*



### Visit the Emergency Room 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. You may have to wait longer for your care and costs can be 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

*Questions?* Call customer service at **800-662-5851**.