





## KNOW WHERE TO GO TO GET CARE

Where you choose to go for health care can affect your costs. The good news is that our plans provide a lot of options. The first thing you should do is plan to use an in-network provider. Begin your search by calling the number on the back of your medical ID card, or visiting your health plan provider’s website.

**The chart below highlights the options available to you when you need care and can’t see your Primary Care Physician (PCP).**

<b>Sample Scenarios</b>	<ul style="list-style-type: none"> <li>You’ve had a nagging sinus infection for weeks</li> <li>You think you may have the flu</li> </ul>	<ul style="list-style-type: none"> <li>You want to get an annual flu shot for you and your family</li> <li>You have a sore throat and wonder if it’s strep</li> </ul>	<ul style="list-style-type: none"> <li>You hurt your ankle and can still walk but think it might be sprained</li> <li>You cut your finger and may need stitches</li> <li>You fell and think you fractured your wrist</li> </ul>	<ul style="list-style-type: none"> <li>You’re experiencing persistent chest pain</li> <li>You’re having trouble breathing</li> <li>You feel dizzy and weak, and it won’t stop</li> </ul>
<b>Where to go</b>	<b>Telehealth</b> Access to board-certified doctors through video consultations	<b>Convenience care clinic</b> Located in malls or inside retail stores, like CVS MinuteClinics	<b>Urgent care center</b> Often standalone facilities	<b>Emergency room</b>
<b>Who can assist you</b>	Board-certified doctors Physician assistants	Nurses Physician assistants	Board-certified doctors	Board-certified doctors, Nurses, Surgeons on call
<b>Your cost</b>	\$	\$	\$\$	\$\$\$\$
<b>Wait time</b>				
<b>Access</b>	24/7	Normal business hours	Extended business hours	24/7