

# Where to get care

Know your options for care — before you need it



## Telemedicine

Get fast, affordable care from home for common, non-emergent medical issues.

COST	TIME	SEVERITY
\$	●	●

Best for:

- Allergic reactions (minor)
- Bronchitis
- Cold, cough, and flu
- Digestive issues
- Eye pain or irritation
- Fever
- Headache (minor)
- Sinus pain
- Skin conditions
- Sore throat
- Urinary tract infection
- Vomiting



## Retail clinic

Get quick, convenient care for illnesses and vaccines.

COST	TIME	SEVERITY
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Best for:

- Allergic reactions (minor)
- Bronchitis
- Burns (minor)
- Cold, cough, and flu
- Cuts and scrapes
- Digestive issues
- Ear pain
- Eye pain or irritation
- Fever
- Headache (minor)
- Insect bites
- Sinus pain
- Sore throat
- Urinary tract infection
- Vaccinations
- Vomiting



## Urgent care center

Use this faster, less expensive choice if you get sick or hurt.

COST	TIME	SEVERITY
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Best for:

- Allergic reactions (minor)
- Animal bites
- Asthma attack (minor)
- Back pain
- Broken bones (minor)
- Bronchitis
- Burns (minor)
- Cold, cough, and flu
- Digestive issues
- Ear pain
- Eye pain or irritation
- Fever
- Headache (minor)
- Infections
- Injuries (minor)
- Insect bites
- Sinus pain
- Skin conditions
- Sore throat
- Sprains and strains
- Stitches
- Urinary tract infection



## Emergency room (ER)

Go to the ER in case of a life-threatening or severe sickness or injury.

COST	TIME	SEVERITY
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Best for:

- High fever with headache or stiff neck
- Loss of consciousness
- Major injury
- Overdose
- Poisoning
- Seizure
- Severe allergic reaction
- Signs of heart attack or stroke
- Spine injury
- Sudden severe headache
- Suicidal thoughts
- Trouble breathing

This flyer is provided for informational purposes and is not meant to substitute for the advice provided by your own physician or other medical professional. You should not use the information contained herein for diagnosing or treating a health problem or disease or prescribing any medication. If you have, or suspect that you have, a medical problem, promptly contact your health care provider.

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