Benefits 101

Where to Get Care

Don't find out the hard way that you spent more money than you needed to. If you're sick or hurt, know what options you have to help you save time and money when receiving care.

First, you can go to the Emergency room (aka the ER). This is the most expensive place to go and should only be used for serious situations that need immediate medical attention, like trouble breathing, chest pain, heavy bleeding, or broken bones. If you're not sure if you should go here, you can call your doctor or the nurse line number on the back of your insurance card.

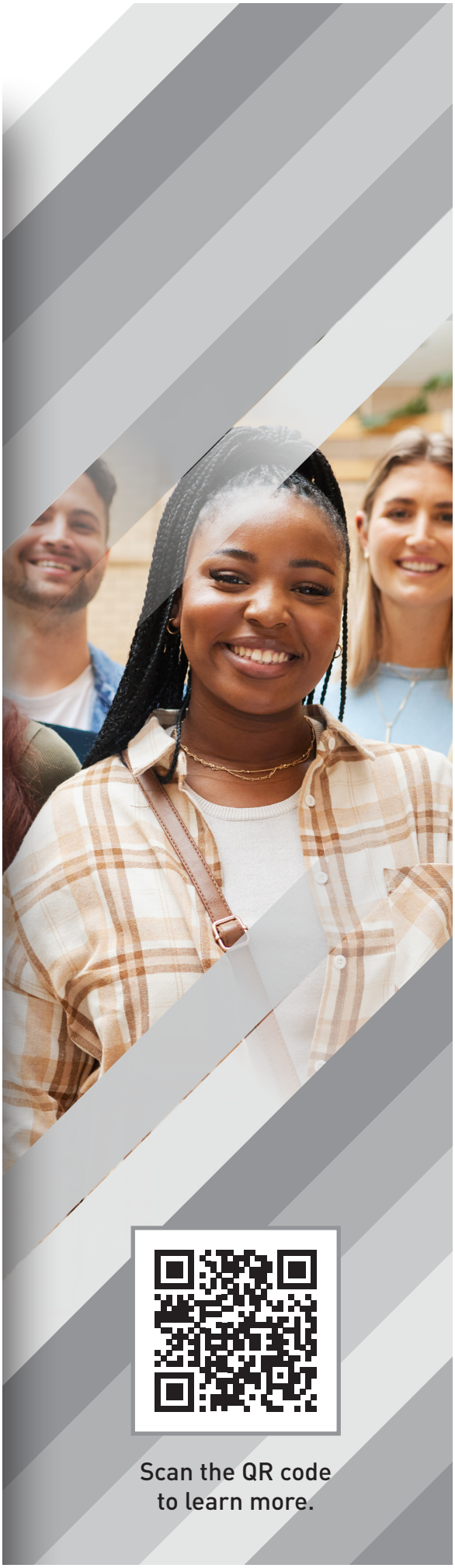
Next, you can go to an urgent care center. You should go here for quick help that's not a life-threatening emergency, like high fever, severe pain, allergic reactions, or mild illnesses. This option usually costs less than a visit to the ER.

You can also visit your regular doctor. Your doctor can see you for regular check-ups, minor sicknesses like sinus infections, colds, or flu, and chronic conditions. If you do not need immediate care, you should schedule an appointment with your doctor's office.

Finally, you can go to a virtual health clinic. If visiting your regular doctor's office is difficult for you, a virtual health clinic may be a good option. You can talk to a doctor online or by phone about things like skin issues, sinus problems, and medication refills. Depending on your insurance, this option can be the cheapest.

Remember, if you have an emergency like trouble breathing, go to the nearest ER or call 911 immediately.

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Scan the QR code to learn more.