

Know Where to Go

How to Find the Right Place for Care

Having a primary care provider (PCP) is one of the best things you can do to protect your family's health. Your PCP becomes the "point person" for all your health care needs and can help you stay healthy with a personalized wellness approach. However, if you're sick or injured, knowing where to go can help you save money and avoid stress when it matters.

CALL YOUR PRIMARY CARE PROVIDER

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Primary Care Provider (PCP)

ROUTINE AND COMMON MEDICAL CONDITIONS

Flu and cold symptoms

Urinary tract infections

Back pain

Nausea, vomiting and diarrhea

Eye and earaches

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Urgent Care

AFTER-HOURS CARE WHEN YOUR PCP IS NOT AVAILABLE

Minor injuries and cuts

Sprains and Strains

Minor burns

Minor allergic reactions

Animal or insect bite

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Emergency Department

LIFE-THREATENING CONDITIONS

Breathing difficulties

Chest pain

Broken bones

Head injury

Suspected heart attack or stroke

Virtual Care

You can get immediate virtual care if you don't feel well enough to visit your doctor or your symptoms aren't emergent. Check with your PCP about virtual care services, after-hours care options and any alternative convenient options offered at lower cost settings.