SAVE TIME AND MONEY!

Avoid long waits at the Emergency Room and reduce your out-of-pocket costs by utilizing Telemedicine and Urgent Care Centers for ailments that are not life-threatening. Both of these options provide fast, effective care— when you need care fast.

KNOW WHERE TO GET CARE

Visits to the ER can be very costly, so before you go to the ER, consider whether your condition is truly an emergency or if you can receive care from Telemedicine or at an Urgent Care Center instead.

Telemedicine	Urgent Care Center	Emergency Room
• Cold/Flu	• Allergic reactions	• Heart attack
• Allergies	• Bone x-rays, sprains or strains	• Stroke symptoms
• Animal/ insect bite	• Nausea, vomiting, diarrhea	• Chest pain, numbness in limbs or face, difficulty speaking, shortness of breath
• Bronchitis	• Fractures	
• Skin problems	• Whiplash	• Coughing up blood
• Respiratory infection	• Sports injuries	• High fever with stiff neck, confusion or difficulty breathing
• Sinus problems	• Cuts and minor lacerations	
• Strep throat	• Infections	
• Pink eye/ Eye irritation	• Tetanus vaccinations	• Sudden loss of consciousness
• Urinary issues	• Minor burns and rashes	• Excessive blood loss
• Dermatology		
• Behavioral health		

HOW TO ACCESS TELEMEDICINE 24/7

$0 COST TELEMEDICINE VS. VIRTUAL OFFICE VISITS

Please note that Telemedicine services are different from virtual/telephonic office visits with your participating provider. Most Fund Health Plans have a **$0 copay for the Telemedicine services**.

Virtual/Telephonic Office Visits with your participating provider may require a copay or coinsurance in accordance with your specific health plan. For more information on your cost-share for virtual office visits, please consult your insurance carrier at the customer service number on the back of your ID card.

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