







KNOW WHERE TO GO FOR CARE

Where do you go when you get sick or injured?

Because of high cost and long wait times, it's usually best to save ER trips for true emergencies. When you need non-emergency care, try to visit your primary care physician who can treat you based on a better understanding of your medical history. If your doctor isn't available, you may be able to get the care you need at another facility with shorter wait times and a lower cost than the ER.

	SERVICES PROVIDED	WHAT IT CAN HELP WITH...	
24-HOUR NURSELINE 	<p>Nurses available 24 hours a day by calling the number on your ID card 800.841.8343</p>	<p>If you're unsure about the care you need, this service may be able to help manage your illness or injury, recognize urgent symptoms, locate a doctor or hospital, or recognize medication interactions.</p>	
TELADOC 	<p>Anytime anywhere access to quality medical care through phone and video consults 800.TELADOC TELADOC.COM/PREmera</p>	<p>Teladoc doctors can treat many medical conditions, including cold and flu symptoms, allergies, bronchitis, urinary tract infections, dermatological conditions, as well as prescribe short-term medication when medically appropriate. You can also contact a licensed behavioral healthcare provider to help you deal with depression, stress, anxiety, etc.</p>	\$
RETAIL CLINIC 	<p>Walk-in clinics found in some grocery stores and pharmacies</p>	<p>Routine care, such as a sinus infection, minor allergic reaction, fever, rash, cut, or flu shot</p>	\$
PRIMARY CARE PHYSICIAN 	<p>Physician with traditional office hours</p>	<p>Ongoing and more personalized care based on understanding of your medical history; annual check-ups; routine care such as a sinus infection, minor allergic reaction, fever, rash, cut, or flu shot</p>	\$
URGENT CARE CENTER 	<p>A stand-alone facility that typically has "urgent care" in the name</p>	<p>Problems that need immediate attention but aren't life-threatening, like stitches, sprains, animal bites, or X-rays</p>	\$\$
EMERGENCY ROOM 	<p>ER attached to a hospital or stand-alone ER</p>	<p>All life-threatening or disabling conditions, trauma care, or major injuries</p>	\$\$\$\$