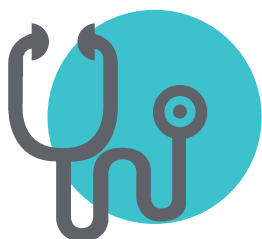


Know Where to Get Care

You have options when choosing where to go for medical care. Here are some tips to help you make the right choice for where to go the next time you need care.



Primary Care Physician

Your doctor should be your **first choice** for routine medical care or minor illnesses or injuries that are not an emergency. You may have an office visit copay depending on your plan.

Tip: If you can't make it to their office, you might be able to schedule a remote visit with your doctor through phone or video connection, known as telehealth. Check with your primary care physician to see if they offer this option.

Cost
\$



Telemedicine

If your doctor isn't available for minor medical or behavioral health needs, telemedicine may be an option for you. Telemedicine gives you fast and convenient access to a doctor 24/7/365 wherever you are through your phone, tablet, or computer. Register today at Member.UniveraHealthcare.com

Medical Telemedicine for:

Allergies • Asthma • Cold & Flu • Constipation • Diarrhea
Fever • Joint Aches • Nausea
• Pink Eye • Rashes
And more

Behavioral Health Telemedicine for:

• Addictions • Anxiety
Bipolar disorders • Depression
Eating disorders • Grief and loss • LGBTQ support • Panic disorders • Stress
And more

Cost
\$



Urgent Care

If your medical issue is not life threatening and your doctor isn't available, you can visit an urgent care center and get the care you need.

Minor cuts, bruises or burns
Muscle strains • sprains
Cold and flu treatment

Cost
\$\$



Emergency Room

You should only go to the emergency room if you have a serious or potentially life-threatening medical condition. Call 911 for assistance. Do not try to drive yourself there.

Cost
\$\$\$