

# Knowing Where to go for Care

It's important to be aware of what certain health services cost and where to go for care. For example, the ER is the most expensive place to receive care, and a non-emergency visit could mean higher out-of-pocket expenses. Knowing what your options are could save you time and money.

## TELEMEDICINE



Avoid the wait! Get 24/7 on-demand care from board-certified doctors either by phone or video chat.

- Allergies
- Cold or flu symptoms
- Headaches
- Rash
- Sore throat

Average cost of visit:

**\$0-55\***

## YOUR DOCTOR'S OFFICE



When minor injury or illness strikes, schedule an appointment with your doctor. They can help coordinate any additional care you may need.

- Health screenings
- Immunizations
- Cold or flu symptoms
- Sinus problems
- Sore throat

Average cost of visit:

**\$140\***

## URGENT CARE



When you need care but can't get to your doctor's office, visit an urgent care facility. Doctors are ready to treat your non-emergency symptoms.

- Animal/insect bites
- Cuts requiring stitches
- Ear infections
- Severe nausea or diarrhea

Average cost of visit:

**\$180\***

## EMERGENCY ROOM



If you are experiencing symptoms that are life threatening, don't wait! Call 911 or head to the nearest emergency room.

- Chest pain
- Difficulty breathing
- Sudden dizziness
- Broken bones
- Head injuries

Average cost of visit:

**\$1,900\***

\*Averages are based on claims data and are not tied to a specific condition or treatment. Cost of visits will vary depending on plan benefits.

For more information on health care coverage through your benefit plan, call the customer service number on your ID card.

**Promise**  
Health Plan