



Healthwise

Stretch your healthcare dollars by becoming a better healthcare consumer

When you are sick or need medical care, it's important to know where to go for treatment, so you and your loved ones get the care you need. Understanding your options now helps you be prepared when you need to seek treatment.

Care Center	Why would I use this care center?	What type of care do they provide?	What are the cost and time considerations?
Doctor's Office	Unless you are experiencing a life-threatening emergency, a primary care physician is the best place to start. Primary care physicians deliver basic care for common illnesses. Your primary doctor knows you and your health history and can access your medical records, provide preventive and routine care, manage your medications and refer you to a specialist, if necessary.	<ul style="list-style-type: none"> • Routine checkups • Preventive services • Flu Shots & other immunizations • General Health 	<ul style="list-style-type: none"> • Often requires a copayment and/or coinsurance • Normally requires an appointment • Little wait time with scheduled appointment
Convenience Care Clinic	Convenient care clinics are walk-in clinics located in retail stores, supermarkets and pharmacies. These clinics are usually staffed by a nurse practitioner or physician assistant and treat uncomplicated minor illnesses and provide preventive health care services.	<ul style="list-style-type: none"> • Common infections, such as strep throat • Minor skin conditions, such as poison ivy • Flu shots • Minor cuts • Ear aches 	<ul style="list-style-type: none"> • Often requires a copayment and/or coinsurance similar to a physician's office visit • Walk in patients welcome with no appointments necessary, but wait times can vary
Urgent Care Center	If your primary care physician is not available and you need quick medical attention for a non-life threatening problem, visit an urgent care center. Urgent care facilities have similar resources to primary care facilities, but provide comprehensive quality care on a walk-in basis with extended hours.	<ul style="list-style-type: none"> • Sprains • Strains • Minor broken bones, such as a finger • Minor infections • Minor burns 	<ul style="list-style-type: none"> • Often requires a copayment and/or coinsurance typically higher than a physician's office visit • Walk in patients welcome. Waiting periods vary as patients with more urgent needs will be treated first
Emergency Room	If you have a life threatening situation or late-night trauma, go immediately to the emergency room. Emergency rooms offer inpatient care, trauma services and more. If a situation seems life threatening, call 911 or your local emergency number right away.	<ul style="list-style-type: none"> • Heavy bleeding • Large open wounds • Sudden change in vision • Chest pain • Sudden weakness or trouble talking • Major burns • Spinal injuries • Severe head injury • Difficulty breathing • Major broken bones 	<ul style="list-style-type: none"> • Often requires a much higher copayment and/or coinsurance • Open 24/7. Waiting periods vary because patients with life-threatening emergencies will be treated first

Plan ahead and know what your co-pay is for each option and where the nearest clinic and urgent care in your network is located. If you have a chronic condition, have a discussion with your primary care physician to determine under what circumstances you should go to the emergency room.

Presented by:



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