



Life gets busy

From minor sprains to major colds, life's full of surprises. Your next step?



With online doctor visits, urgent care centers and more, comparing your care options for quality, cost and convenience could end up saving you a lot of time, money and frustration.



Check your options for care



Choose your care provider



Go for better health

Make the most of your time

When you need care, call your primary care physician or family doctor first.

Your physician has easy access to your records, knows the bigger picture of your health and may even offer same-day appointments to meet your needs. When seeing your physician is not possible, however, it's important to know your quick care options to find the place that's right for you and help avoid financial surprises. Compare your choices today at uhc.com/preventivecare.

Quick care options	Needs or symptoms	Average cost*
UnitedHealthcare Advocate 1-866-679-0964, TTY 711	<ul style="list-style-type: none"> • Choosing where to get medical care • Finding a doctor or hospital • Health and wellness help • Answers to questions about medicines 	\$0
Teladoc® Anywhere, anytime online doctor visits	<ul style="list-style-type: none"> • Cold • Flu • Fever • Pink eye • Sinus problems 	PPO 1 & 2: \$15 CDHP: \$45
Your doctor Make an appointment to see someone who may know your medical history	<ul style="list-style-type: none"> • Routine medical care • Management of chronic medical conditions • Health screenings • Basic laboratory testing 	PPO 1 & 2: \$30* CDHP: \$155**
Urgent care Quick after-hours care	<ul style="list-style-type: none"> • Low back pain • Respiratory (cough, pneumonia, asthma) • Stomach (pain, vomiting, diarrhea) • Infections (skin, eye, ear/nose/throat, genital-urinary) • Minor injuries (burns, stitches, sprains, small fractures) 	PPO 1 & 2: \$30* CDHP: \$180**
Emergency room For serious immediate needs	<ul style="list-style-type: none"> • Chest pain • Shortness of breath • Severe asthma attack • Major burns • Severe injuries • Kidney stones 	PPO 1 & 2: \$250* CDHP: \$2,100**

Freestanding ERs

Many people have been surprised by their bill after visiting a freestanding emergency room (FSER). FSERs, sometimes referred to as urgency centers, typically bill at ER rates (or higher) and can be \$1,500 more than an urgent care center. Neither located in nor attached to a hospital, FSERs are able to treat similar conditions as an ER, but do not have an ER's ability to admit patients.

Ask before you enter:

- Is this an urgent care center or an ER?
- Is this facility a network provider?

United
Healthcare



*These numbers represent copays associated with the IPG PPO 1 and PPO 2 health plans for network, non-specialty care and are not tied to a specific condition, treatment or other costs associated with a visit. Actual payments may vary.

**These numbers represent averages based on claims data of those enrolled in a UnitedHealthcare Consumer Driven Health Plan (CDHP) and receive network, non-specialty care and are not tied to a specific condition or treatment. Actual payments may vary. You pay 100% until your deductible has been met and then you will pay a percentage up to the maximum out-of-pocket.

The information provided is for general informational and illustrative purposes only and is not intended to be nor should be construed as medical advice or a substitute for your doctor's care. You should consult with an appropriate health care professional to determine what may be right for you. In an emergency, call 911 or go to the nearest emergency room.

Teladoc does not replace your existing primary care physician relationship, but is intended only to supplement that relationship for your non-emergency medical needs. Teladoc is not an insurance provider nor are we a prescription fulfillment warehouse. You agree that your medical history on the Secure Portals will have the most up to date and accurate information. Such information is vital for Teladoc Health to provide you with quality Services.

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