






Take Charge of Your Healthcare Costs



Knowing where to go for medical care can save you lots of time and money! It can also help get you the best care for your situation. Here are some guidelines to help you choose the right level of care for you and your family.

Type of Care	What is it?	Services Provided	Cost
 Virtual Visit	A virtual visit lets you see a doctor via your video or phone through LiveHealth Online (HealthComp Members) or My Doctor Online (Kaiser Members).	<ul style="list-style-type: none"> ✗ Allergies ✗ Bladder infections ✗ Bronchitis ✗ Cough/colds ✗ Fever 	<ul style="list-style-type: none"> ✗ Rashes ✗ Seasonal flu ✗ Sinus problems ✗ Sore throats ✗ Stomach aches <p style="text-align: right;">\$</p>
 Convenience Care Clinics	Visit a convenience care clinic when you can't see your doctor and your health issue isn't urgent. These clinics are often in retail stores and pharmacies.	<ul style="list-style-type: none"> ✗ Common infections (e.g. strep throat) ✗ Minor skin conditions (e.g. poison ivy) 	<ul style="list-style-type: none"> ✗ Vaccinations ✗ Pregnancy tests ✗ Minor injuries ✗ Ear aches <p style="text-align: right;">\$\$</p>
 Healthcare Provider's Office	Go to a doctor's office when you need preventive or routine care. Your primary care doctor can access your medical records, manage your medications and refer you to a specialist, if needed.	<ul style="list-style-type: none"> ✗ Checkups ✗ Preventive services ✗ Minor skin conditions 	<ul style="list-style-type: none"> ✗ Vaccinations ✗ General health management ✗ Annual Wellness Visit <p style="text-align: right;">\$\$</p>
 Urgent Care Center	Urgent care is ideal for when you need care quickly, but it is not an emergency (and your doctor isn't available). Urgent care centers treat issues that aren't life threatening.	<ul style="list-style-type: none"> ✗ Sprains ✗ Strains ✗ Small cuts that may need a few stitches 	<ul style="list-style-type: none"> ✗ Minor burns ✗ Minor infections ✗ Minor broken bones ✗ Minor cuts <p style="text-align: right;">\$\$\$</p>
 Emergency Room	The ER is for life-threatening or very serious conditions that require immediate care. This is also when to call 911.	<ul style="list-style-type: none"> ✗ Heavy bleeding ✗ Large open wounds ✗ Sudden change in vision ✗ Chest pain ✗ Major broken bones ✗ Major burns 	<ul style="list-style-type: none"> ✗ Sudden weakness or trouble talking ✗ Spinal injuries ✗ Severe head injury ✗ Breathing difficulty <p style="text-align: right;">\$\$\$\$</p>