

YOUR GO-TO GUIDE

For where to go when you need medical care
Call 911 for emergencies



Insurance Company, Inc.

Doctor's Office



WHEN TO GO:

- Routine checkups, screenings, immunizations
- Preventative care
- Prescriptions/medications
- Referral to see a specialist
- Fever and flu symptoms
- Chronic pain

YOUR COST+TIME:

- Coinsurance/copay
- Primary Care Physician (PCP) usually lowest copay
- May need appointment
- Shorter wait times
- Doctor on call 24/7

Telehealth



WHEN TO GO:

- Allergies
- Dermatological conditions
- Bladder conditions/UTIs
- Fever and flu symptoms
- Chronic pain
- Prescription refills

YOUR COST+TIME:

- Coinsurance/copay
- Often the same cost as a PCP office visit
- Same-day appointments often available
- After-hours access available

Urgent Care



WHEN TO GO:

- Covers similar health concerns as doctor's office
- For urgent symptoms, call your doctor's office. If your doctor's office is closed, consider going to an urgent care facility
- Extended weekday and weekend hours are often available

YOUR COST+TIME:

- Costs lower than ER
- Wait times will vary with volume
- Call to confirm the urgent care facility accepts your insurance
- Breeze Urgent Care is a Texas Health preferred partner with many locations throughout the DFW area
 - In and out in about 30 minutes
 - Open 365 days a year
- Visit BreezeUrgentCare.com to learn more or make an appointment

Emergency Room



WHEN TO GO:

- Critical injuries or illness
- Sudden numbness/weakness
- Uncontrolled bleeding
- Seizure/loss of consciousness
- Shortness of breath
- Chest pain

YOUR COST+TIME:

- Highest cost
- Open 24/7; no appointment needed
- Wait times may be very long
- Higher risk of exposure to infection
- Call your PCP before going or as soon as possible