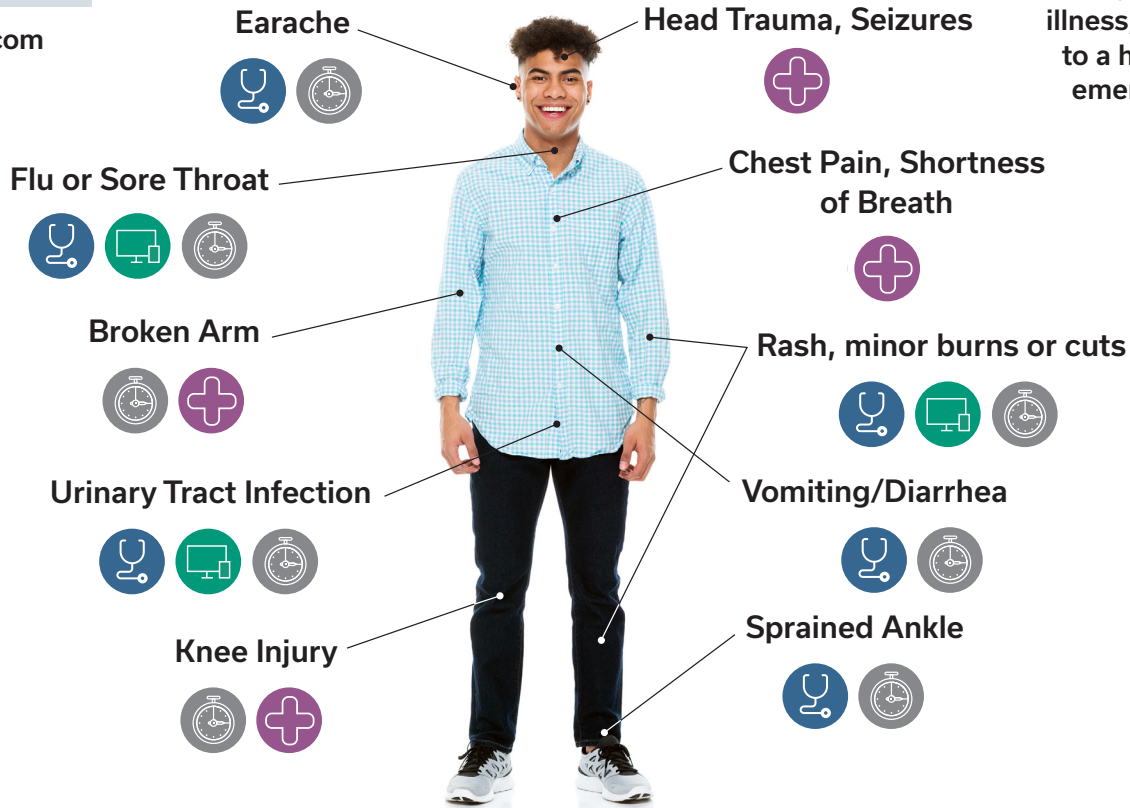


# Accessing Health Care

If you are in doubt about the severity of your injury or illness, you should go to a hospital-based emergency room.



	<b>YOUR DOCTOR'S OFFICE</b> Your First Call	<b>VIRTUAL VISIT</b> Without Leaving Home	<b>URGENT CARE CENTERS</b> When your doctor cannot see you	<b>HOSPITAL-BASED EMERGENCY ROOM</b> For Emergencies
WHAT	<ul style="list-style-type: none"> <li>Any non life-threatening issues</li> <li>Your physician knows you and your medical history.</li> <li>Often offers same-day appointments</li> </ul>	<ul style="list-style-type: none"> <li>24/7 care with a doctor or nurse practitioner</li> <li>No appointment needed</li> <li>Video chat or FaceTime with a health care provider in less than 30 minutes</li> </ul>	<ul style="list-style-type: none"> <li>Accepts walk-ins</li> <li>Accepts most insurance</li> </ul>	<ul style="list-style-type: none"> <li>For traumatic or life-threatening illnesses/injuries</li> <li>NOT for "routine" care, such as earaches and sore throats.</li> </ul>
WHEN	<ul style="list-style-type: none"> <li>Can treat most non life-threatening injury or illness</li> <li>All preventive/well care visits and routine care</li> <li>Vaccinations</li> <li>Prenatal care</li> <li>Management of chronic asthma</li> </ul>	<ul style="list-style-type: none"> <li>24/7, 365 Days a year</li> <li>Great for things like                             <ul style="list-style-type: none"> <li>Cold or flu symptoms</li> <li>Seasonal allergies</li> <li>Sinus, upper respiratory and bladder infections</li> <li>Bites and stings</li> <li>Minor injuries</li> <li>Rashes or pink eye</li> </ul> </li> </ul>	Treats: <ul style="list-style-type: none"> <li>Sports injuries</li> <li>Sprains and strains</li> <li>Minor cuts and broken bones</li> <li>Cold or flu symptoms</li> <li>Sinus, ear and urinary tract infections</li> </ul>	Appropriate for conditions like: <ul style="list-style-type: none"> <li>Chest pain</li> <li>Head injuries</li> <li>Deep wounds/heavy bleeding</li> <li>Shortness of breath</li> <li>Seizures</li> <li>Broken bones</li> </ul>
TIPS	<ul style="list-style-type: none"> <li>Confirm doctor's office accepts your insurance.</li> <li>See if same-day appointments are offered.</li> <li><b>First call for non-emergency situations, 24 hours a day.</b></li> </ul>	<ul style="list-style-type: none"> <li>Learn more at <a href="https://integrisvirtualvisit.com">integrisvirtualvisit.com</a></li> </ul>	<ul style="list-style-type: none"> <li>Visit <a href="https://integrisk.com/urgent">integrisk.com/urgent</a> to locate an INTEGRIS urgent care center near you.</li> </ul>	Call 911 for an emergency. <ul style="list-style-type: none"> <li>Know which hospital is                             <ol style="list-style-type: none"> <li>Closest to your home</li> <li>A certified trauma center (Level 1 is the highest level).</li> </ol> </li> <li>Free-standing ERs may be a convenient option for non life-threatening emergencies, these facilities often bill at the same rate as the hospital-based ERs and may require you to transfer to a hospital for inpatient care.</li> </ul>
COST	<p><b>\$</b></p> <ul style="list-style-type: none"> <li>Most co-pays or co-insurance costs for an office visit range from \$15 to \$50.</li> </ul>	<p><b>\$</b></p> <ul style="list-style-type: none"> <li>Upfront flat rate \$64</li> <li>Member pricing may apply</li> </ul>	<p><b>\$\$</b></p> <ul style="list-style-type: none"> <li>Depending on your insurance and if you have tests run, your costs could range from \$40 to \$150.</li> </ul>	<p><b>\$\$\$\$</b></p> <ul style="list-style-type: none"> <li>The amount of an ER visit can be \$1,200 or more depending on your insurance plan. After a deductible has been met, your co-pay may be 10 percent of that.</li> </ul>