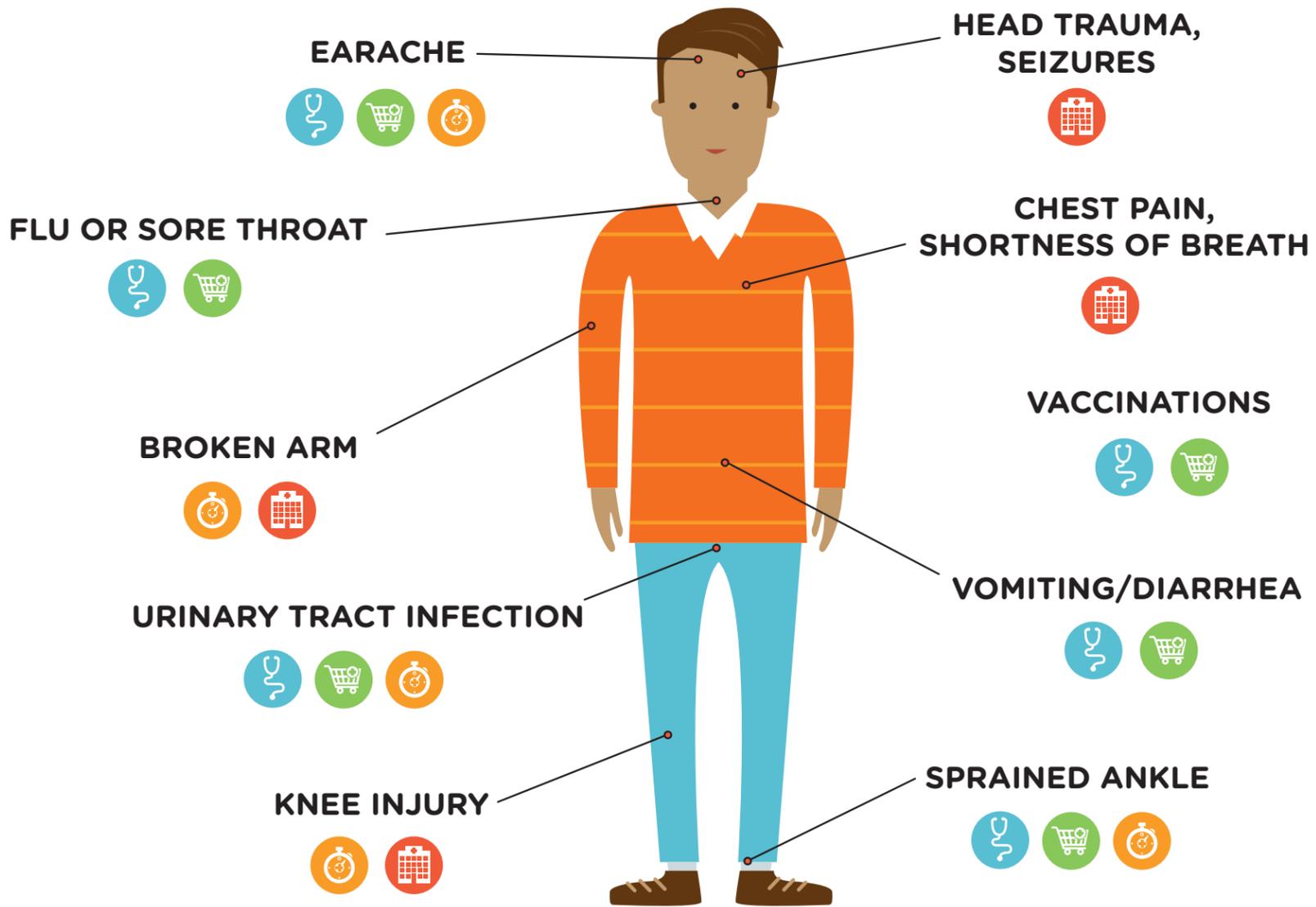


HEALTHCARE WHEN I NEED IT NOW



	 YOUR DOCTOR'S OFFICE	 RETAIL-CONVENIENCE CLINICS	 URGENT CARE CENTERS	 HOSPITAL-BASED EMERGENCY ROOMS
WHAT	Your first call <ul style="list-style-type: none"> Your first call for anything not life-threatening. Your primary care physician (PCP) knows you and your medical history. Often offers same-day or next-day service. 	Easy in and out <ul style="list-style-type: none"> Often located in grocery stores or pharmacies. Take walk-ins. Biggest benefit is convenience. 	When your doctor can't see you <ul style="list-style-type: none"> Usually located in stand-alone buildings. Accept walk-ins. Take many kinds of insurance. 	For life-threatening illnesses or injuries <ul style="list-style-type: none"> Designed to treat traumatic or very serious illnesses/injuries. Should not be used for "routine" care, such as earaches and sore throats; this could leave you with an unnecessarily large bill.
WHEN	<ul style="list-style-type: none"> Can treat almost any kind of injury or illness that is not life-threatening. All preventive/well care visits and routine care. Vaccinations. Prenatal care. Management of asthma. 	<ul style="list-style-type: none"> Treat: <ul style="list-style-type: none"> Illnesses such as the flu and bronchitis Sinus, ear and urinary tract infections Provide vaccinations and physicals for camp or school. Do not provide x-rays, stitch wounds/cuts or set broken bones. 	<ul style="list-style-type: none"> Treat: <ul style="list-style-type: none"> Sports injuries Sprains and strains Minor cuts and broken bones Illnesses such as the flu and bronchitis Sinus, ear and urinary tract infections 	<ul style="list-style-type: none"> For traumatic, serious and life-threatening illnesses or injuries: <ul style="list-style-type: none"> Chest pain Head injuries Heavy bleeding/deep cuts Shortness of breath Seizures Broken bones
TIPS	<ul style="list-style-type: none"> Make sure your doctor's office accepts your insurance. Find out ahead of time what kind of same-day service they offer. 	<ul style="list-style-type: none"> Search your health insurance's online directory for <i>walk-in clinics</i> to find a list of those close to your home. In the Austin area, RediClinics are located inside of HEB grocery stores. 	<ul style="list-style-type: none"> Insurance companies usually have an online feature called "Find a Doc or a Facility." Use it to find an urgent care center close to your home. 	<ul style="list-style-type: none"> Call 911 for help with a true health emergency. Know ahead of time which hospitals are: <ol style="list-style-type: none"> closest to your home and/or certified trauma centers (Level One is the highest level) Free-standing ERs are also available for non-life threatening emergencies. While convenient, these facilities tend to bill at the same rate as the hospital-based ERs and often do not accept Medicare, Medicaid and Tricare.
COST	<p style="text-align: center;">\$</p> Most co-pays or co-insurance costs for an office visit range from \$15 to \$50.	<p style="text-align: center;">\$</p> Cost likely will be similar to what you pay for a regular doctor's office visit, depending on your insurance and if you had tests and/or lab work done.	<p style="text-align: center;">\$\$</p> Depending on your insurance and if you had tests run, your costs could range from \$40 to \$150.	<p style="text-align: center;">\$\$\$\$</p> The full amount of an ER visit can be \$1,200 and up. Depending on your insurance plan, after a deductible has been met, your co-pay may be a tenth of that.

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