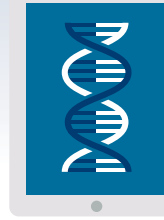


# WHERE TO SEEK CARE

*Smart medical consumerism starts with understanding where to secure quality, cost-effective care.*



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## TELEHEALTH CARE

When you need quick access for non-life-threatening conditions, telehealth care can save you time and money.

- Allergies
- Bug bites
- Earache
- Infections
- Poison ivy, rash
- Sore throat



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## RETAIL HEALTH CARE

For convenient, walk-in care for non-emergency conditions.

- Basic screenings
- Infections
- Minor injuries
- Rash
- Skin conditions
- Sports physicals
- Vaccinations

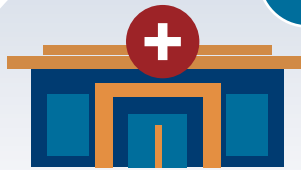


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## PRIMARY CARE

Secure an appointment with your doctor for general care and health concerns.

- Cold, flu symptoms
- Immunizations
- Medication refills
- Well visits



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## URGENT CARE

Generally appropriate for after-hours and weekend care for non-life-threatening incidents.

- Cuts requiring stitches
- Ear infections
- Fever or flu
- Mild asthma symptoms, Sprain, strains
- Urinary tract infection



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## EMERGENCY CARE

In the event of a life-threatening emergency, call 911 or seek care in an emergency room.

- Broken bone
- Chest pain, heart attack
- Choking
- Head injury
- Poisoning
- Respiratory distress
- Severe burns

Your employer-sponsored health care plan generally covers some or all cost associated with medical care secured at various health care outlets. Check your summary plan documents for applicable copays, deductible or coinsurance amounts, or contact your Bukaty Companies service representative.