

## BENEFITS UPDATE

# SAVE TIME AND MONEY!

## Keep Non-Emergencies Out of the ER

Avoid long waits at the Emergency Room and reduce your out-of-pocket costs by utilizing Teladoc and Urgent Care Centers for ailments that are not life-threatening. Both of these options provide fast, effective care—when you need care fast. Unnecessary visits to the ER can be very costly. When you keep non-emergencies out of the ER, you save both time and money! ***And the best part is, you can do this in the privacy of your home or office.***

### Know Where to Get Care

Before you go to the ER, consider whether your condition is truly an emergency or if you can receive care from Teladoc or Urgent Care instead. Below are just a few examples of where you can go and when:

| PCP                                                                                                                                                                            | Teladoc                                                                                                                                                                                                                                                                                                              | Urgent Care Center                                                                                                                                                                                                                                                                                                                                        | Emergency Room                                                                                                                                                                                                                                                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Annual checkup</li> <li>• Chronic condition</li> <li>• Mild rash</li> <li>• Prescription refill</li> <li>• Follow-up visit</li> </ul> | <ul style="list-style-type: none"> <li>• Cold/Flu</li> <li>• Allergies</li> <li>• Animal/insect bite</li> <li>• Bronchitis</li> <li>• Skin problems</li> <li>• Respiratory infection</li> <li>• Sinus problems</li> <li>• Strep throat</li> <li>• Pink eye/ Eye irritation</li> <li>• UTI/ Urinary issues</li> </ul> | <ul style="list-style-type: none"> <li>• Allergic reactions</li> <li>• Bone x-rays, sprains or strains</li> <li>• Nausea, vomiting, diarrhea</li> <li>• Fractures</li> <li>• Whiplash</li> <li>• Sports injuries</li> <li>• Cuts and minor lacerations</li> <li>• Infections</li> <li>• Tetanus vaccinations</li> <li>• Minor burns and rashes</li> </ul> | <ul style="list-style-type: none"> <li>• Heart attack/ Stroke symptoms</li> <li>• Chest pain, numbness in limbs or face, difficulty speaking, shortness of breath</li> <li>• Coughing up or vomiting blood</li> <li>• High fever with stiff neck, confusion or difficulty breathing</li> <li>• Sudden, unexplained loss of consciousness</li> <li>• Excessive blood loss</li> </ul> |



## Set Up Your Teladoc Account So You're Ready When Illness Strikes!

Whether you're on vacation or it's the middle of the night, the care you need is just a call or click away. You and your family members have unlimited on-demand access to doctors by phone or video chat from your mobile device—24/7/365. **The cost for a consultation is \$10 per visit if you choose from a designated telemedicine provider ([www.ibxtpa.com/providerfinder](http://www.ibxtpa.com/providerfinder)).**

### REGISTER TODAY!

It's quick and easy online. Visit [www.teladoc.com](http://www.teladoc.com) and click "Get Started Now" and either sign in if already registered, or under "New to Teladoc?" click "Get Started" to register. You can also call Teladoc for assistance over the phone.

Why wait for the care you need? Contact Teladoc and feel better now! Visit [www.teladoc.com](http://www.teladoc.com) or call **1.800.TELADOC (835.2362)**.

## Use Urgent Care Centers for Non-Emergency, Time-Sensitive Ailments

Urgent Care Centers are, on average, 80% less costly than Emergency Rooms. They are a convenient, cost-effective medical care alternative when your primary care physician is unavailable or your ailments cannot be treated through Teladoc. Typically no appointments are necessary and most Urgent Care centers are **open 7 days a week!**

| Medical Services | Emergency Room | Urgent Care | Estimated Savings |
|------------------|----------------|-------------|-------------------|
| Asthma           | \$825          | \$80        | 90%               |
| Bronchitis       | \$795          | \$123       | 85%               |
| Stitches         | \$445          | \$45        | 90%               |
| Strep Throat     | \$678          | \$112       | 84%               |
| UTI              | \$940          | \$108       | 88%               |

Pricing shown is for illustrative purposes. Contact your medical carrier for actual pricing details.

## Establish Care with Your Primary Care Provider (PCP)!

Your PCP is your go-to resource for preventive care, ongoing health management, and non-urgent medical advice. Make sure you are registered with a PCP and schedule regular check-ups to help maintain your health and address any concerns early.

