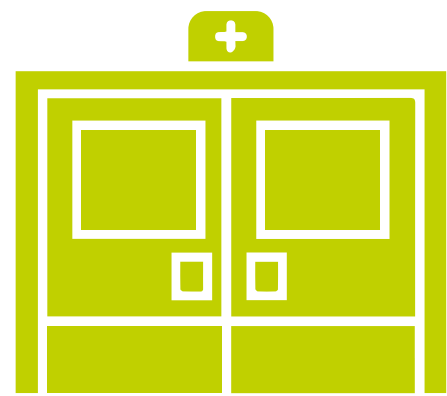


# Know where to go for care

The cost of health care does not always equal quality, but some care options are always more expensive than others. When you know where to go, you can get the best care without overspending. Use this infographic to help you determine where to go for your next medical issue.



## EMERGENCY ROOM



For conditions that are **life and limb threatening**:

- Chest pain
- Difficulty breathing
- Head and eye injuries
- Loss of consciousness
- Major fracture or broken bone
- Severe bleeding
- Sudden loss of vision, blurred vision

## URGENT CARE



For conditions that require **immediate care but are not life threatening**:

- Severe asthma attack
- Moderate burns
- Moderate cuts requiring stitches
- Urinary tract infection with fever or flank pain

## SAME-DAY CARE



For general illnesses or minor injuries that need **prompt in-person attention**:

- Asthma attack
- Earache
- Common sprain
- Cuts and scrapes
- Minor burns or cuts
- Urinary tract infection

## VIRTUAL CARE



For general illnesses that can be diagnosed and **treated over the phone or video call**:

- Allergies
- Cold and flu
- Cough
- Nausea & vomiting
- Headaches & migraines
- Sinus and ear infections
- Skin rashes, hives and bug bites

## PRIMARY CARE



For preventative care and conditions that **require on-going treatment but are not life threatening**:

- Annual check-ups
- Regular health screenings
- Acute backpain
- Unexplained weight changes
- Lingering pain
- If something causes you concern

Remember, if you have a medical emergency go to your **nearest emergency room or call 911**.

Source: [PeaceHealth.org](http://PeaceHealth.org)

[www.businesshealthtrust.com](http://www.businesshealthtrust.com)