

KNOW BEFORE YOU GO

Your guide for where to go when you need medical care.



Lower Cost and Time Greater

	Telehealth	Doctor's Office	Urgent Care Centers	Emergency Room
	<p>Access telehealth services to treat minor medical conditions. Connect with a board-certified doctor via video or phone when where and how it works best for you.</p> <p>Cigna Members mdliveforcigna.com</p> <p>UMR Members teladoc.com</p>	<p>The best place to go for routine or preventive care, to keep track of medications, or for a referral to see a specialist.</p>	<p>For conditions that aren't life threatening. Staffed by nurses and doctors, and usually have extended hours.</p>	<p>For immediate treatment of critical injuries or illness. Open 24/7. If a situation seems life-threatening, call 911 or go to the nearest emergency room. "Freestanding" emergency room(ER) locations are becoming more common in many areas. Because these ERs are not inside hospitals, they may look like urgent care centers. When you receive care at an ER, you're billed at a much higher cost than at other health facilities.</p>
Conditions Treated	<ul style="list-style-type: none"> • Colds and Flu • Rashes • Sore Throats • Headaches • Stomachaches • Fever • Allergies • Acne • UTIs and more 	<ul style="list-style-type: none"> • General Health Issues • Preventative Care • Routine Checkups • Immunizations and Screenings 	<ul style="list-style-type: none"> • Fever and Flu Symptoms • Minor cuts, Sprains, Burns, Rashes • Headaches • Lower Back Pain • Joint Pain • Minor Respiratory symptoms • Urinary Tract Infections 	<ul style="list-style-type: none"> • Sudden Numbness, Weakness • Uncontrolled Bleeding • Seizure or Loss of Consciousness • Chest Pain • Head injury/major trauma • Blurry or Loss of vision • Sever cuts or burns • Overdose
Time	<ul style="list-style-type: none"> • Appointments typically in an hour or less • No need to leave home or work 	<ul style="list-style-type: none"> • Usually need appointment • Short wait times 	<ul style="list-style-type: none"> • No appointment needed • Wait times vary 	<ul style="list-style-type: none"> • No appointment • Wait times vary
Your Cost	\$10 copay	PPO Preferred - \$25 copay EPO & PPO - \$30 copay	\$50 copay	Deductible and Coinsurance

Cigna Health Information Line - Available to both Cigna and UMR members

A telephone service staffed by clinicians that helps you understand and make informed decisions about health issues you are experiencing, at no extra cost. It can help you choose the right care in the right setting at the right time, whether its reviewing home treatment options, following up on a doctor's appointment, or finding the nearest urgent care center. Call the number on the back of your Cigna ID card to get connected.