

KNOW YOUR BENEFITS.

From



Picking the right level of care

There are times when we all need to seek medical treatment. Seeking immediate care can be costly and we don't always think about our options for care. And while using an improper level of care can be more expensive, what level of care fits my needs?

Let's examine our options (with showing average cost) and a few examples of how to best use them:

Care My Way (Average Cost with SHP is \$40)

This is a virtual visit where you can call in and be treated over the phone. Examples for what you can be treated for include:

- Pink Eye
- Head Lice
- Flu (Influenza)
- Sinus Infection
- Urinary Tract Infection

Office Visit (Average Cost with SHP is \$139)

For minor ailments, making an appointment with your primary care physician can do the trick. Your primary care physician knows you better than any

provider and can handle most small ailments. Examples include:

- Ongoing cold
- Aches
- Spots/concerns

Using Urgent Care (Average Cost with SHP is \$174)

Urgent care centers are usually located in clinics or hospitals, and like emergency rooms, offer after-hours care. They are not equipped to handle life-threatening situations. Rather, they handle conditions that require immediate attention – those where delaying treatment could cause serious problems.

Some examples of conditions that require urgent care are:

- Ear infections
- Vomiting
- High fever

Going to the Emergency Room (Average Cost with SHP is \$1,789)

Emergency rooms are equipped to handle life-threatening injuries and illnesses, and other serious medical conditions such as difficulty breathing or sudden, severe pain.

An emergency is a condition that may cause loss of life or permanent or severe disability if not treated immediately. You should go directly to the nearest emergency room if you experience any of the following:

- Chest pain
- Shortness of breath
- Uncontrollable bleeding
- Confusion or loss of consciousness, especially after a head injury
- Poisoning or suspected poisoning
- Serious burns, cuts or infections
- Paralysis
- Broken bones

Making the right choice of where to be treated for an ailment allows you to be seen quicker, lower your costs and be more satisfied with the overall experience.