

# Where Should I Go?

## How to Decide Where to Go for Medical Care

	WHAT IS IT?	WHAT CAN THEY TREAT?	COST
 <p><b>NURSE HELPLINE</b></p>	<ul style="list-style-type: none"> <li>• Staffed by registered nurses</li> <li>• Resource for guidance during natural catastrophes or health outbreaks</li> <li>• Available 24/7</li> <li>• <a href="#">Dean On Call - (800) 576-8773</a></li> </ul>	<ul style="list-style-type: none"> <li>• Answer general questions like “how long should I ice my sprained ankle?”</li> <li>• Give advice/referrals of where to go for treatment e.g. ER or primary care doctor</li> </ul>	<b>No Charge</b>
 <p><b>VIRTUAL VISIT</b></p>	<ul style="list-style-type: none"> <li>• Convenient, low cost option for treating common, non-urgent health concerns</li> <li>• A doctor will diagnose the issue online and write a prescription, if necessary.</li> <li>• Available 24/7 - Answers within 12 hrs</li> <li>• <a href="#">Visit deancare.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• COVID-19 (Coronavirus) screening</li> <li>• Upper respiratory infections</li> <li>• Urinary tract infections</li> <li>• Yeast infections</li> <li>• Allergies</li> <li>• Pink eye/conjunctivitis</li> <li>• Acid reflux/GERD</li> </ul>	\$
 <p><b>TELEMEDICINE</b></p>	<ul style="list-style-type: none"> <li>• Scheduled visit with provider of your choice</li> <li>• Meet with provider via video chat or In some cases a phone call</li> <li>• Same cost as in person visit</li> <li>• Visits can be billed to insurance</li> </ul>	<ul style="list-style-type: none"> <li>• Routine office visits for sudden, minor health conditions</li> <li>• Follow up visits for chronic conditions</li> <li>• Health screenings</li> <li>• Consultations with specialists</li> <li>• Surgery follow-up visits</li> <li>• Therapy management visits</li> <li>• Psychiatry/mental health appointments</li> </ul>	\$\$
 <p><b>PRIMARY CARE</b></p>	<ul style="list-style-type: none"> <li>• Care or treatment of a wide range of health issues</li> <li>• Because of established relationship, can treat based on knowledge of medical history</li> <li>• Generally limited hours</li> </ul>	<ul style="list-style-type: none"> <li>• Annual Checkup</li> <li>• Immunizations</li> <li>• Minor injuries, such as sprains</li> <li>• Illnesses</li> <li>• Management of chronic conditions</li> </ul>	\$\$
 <p><b>URGENT CARE CLINIC</b></p>	<ul style="list-style-type: none"> <li>• Treatment of non-life-threatening injuries or illnesses</li> <li>• Staffed by physicians</li> <li>• Generally open night and weekends; some open 24/7</li> </ul>	<ul style="list-style-type: none"> <li>• Cold and flu symptoms</li> <li>• Minor accidents or falls</li> <li>• Minor sprains or fractures</li> <li>• Minor cuts and burns</li> <li>• Vomiting, diarrhea</li> </ul>	\$\$\$
 <p><b>EMERGENCY ROOM</b></p>	<ul style="list-style-type: none"> <li>• Immediate treatment for serious, life-threatening conditions</li> <li>• Ready to treat any critical situation</li> <li>• Can be hospital-based or freestanding</li> <li>• Available 24/7, 365 days a year</li> </ul>	<ul style="list-style-type: none"> <li>• Chest pain</li> <li>• Difficulty breathing</li> <li>• Severe abdominal pain</li> <li>• Broken bones</li> <li>• Head injuries</li> <li>• Uncontrolled bleeding</li> <li>• Seizures</li> <li>• Coughing or vomiting blood</li> </ul>	\$\$\$

