



From minor sprains to major
colds, life's full of surprises.
Your next step?

Check

your options
for care.



Choose

your care
provider.



Go ▶

for better
health.



With online doctor visits, urgent care centers and more,
comparing your care options for quality, cost and convenience
could end up **saving you a lot of time, money and frustration.**

Check. Choose. Go.

See your primary care physician whenever possible. Your physician has easy access to your records, knows the bigger picture of your health, and may even offer same-day appointments to meet your needs. When seeing your physician is not possible, however, it's important to know your quick care options to find the place that's right for you and help avoid financial surprises. Compare your choices today at uhc.com/checkchoosego.

Quick Care Options	Needs or Symptoms	National Average Cost*
24/7 Nurse Line Call the number on your health plan ID card for expert advice.	Choosing where to get medical care Finding a doctor or hospital Health and wellness help Answers to questions about medicines	\$0
Virtual Visit Anywhere, anytime online doctor visits.	Cold Flu Fever Pinkeye Sinus	\$40
Convenience Clinic Treatment that's nearby.	Skin rash Flu shot Minor injuries Ear ache	\$58
Urgent Care Quick after-hours care.	Low back pain Respiratory illnesses (cough, pneumonia, asthma) Stomach illnesses (pain, vomiting, diarrhea) Infections (skin, eye, ear/nose/throat, genital-urinary) Minor injuries (burns, stitches, sprains, small fractures)	\$124
Emergency Room For serious immediate needs.	Chest pain Shortness of breath Severe asthma attack Major burns Severe injuries Kidney stones	\$1,327



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* Source: UnitedHealthcare 2015 Commercial Historical Claims (Estimated \$1,200 difference between the average emergency room visit and the average urgent care visit.) Check your official health plan documents to see what services and providers are covered by your health plan. Costs are average costs from UnitedHealthcare 2015 Commercial Historical Claims and not tied to a specific condition or treatment. Virtual visits are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times or in all locations. In an emergency, call 911 or go to the nearest emergency room. Recommendations should not be considered medical advice or a substitute for your doctor's care. You should consult with an appropriate health care professional to determine what may be right for you. Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. MT1106188 ©2016 United HealthCare Services, Inc. 16-2760