

# WHERE SHOULD YOU GO WHEN YOU NEED CARE?

Your primary care physician should be your first call for routine medical care. But what if your doctor's office is closed? Or it may be an emergency? Or you've been advised to stay home as much as possible?

Here are tips to help you choose the right type of care for various situations.

Teladoc™	Doctor's Office	Emergency Room
 <p>A Teladoc virtual visit is a great option if your doctor's office or urgent care center is closed, you're traveling, or you're not up to driving.</p> <p><b>With a virtual visit, you can:</b></p> <ul style="list-style-type: none"> <li>◆ Use your computer or mobile device.</li> <li>◆ See a doctor who can diagnose your symptoms.</li> <li>◆ Get a prescription if needed.</li> </ul> <p><b>Use Teladoc for nonemergency health issues, such as:</b></p> <ul style="list-style-type: none"> <li>◆ Cold and flu symptoms, including fever, coughing and sore throat.</li> <li>◆ Sinus or respiratory infections.</li> <li>◆ Urinary tract infections.</li> <li>◆ Seasonal allergies.</li> <li>◆ Pinkeye.</li> <li>◆ Migraine.</li> <li>◆ Rashes, insect bites, sunburn or other skin irritations.</li> </ul>	 <p>Your primary care physician, or regular doctor, is the best option for routine medical care. Routine care includes:</p> <ul style="list-style-type: none"> <li>◆ Annual checkups and physicals.</li> <li>◆ Health screenings and immunizations.</li> <li>◆ Prescription refills.</li> </ul> <p>Your regular doctor can also help with unexpected health issues that can wait a day or so. These might include:</p> <ul style="list-style-type: none"> <li>◆ Sprained muscles.</li> <li>◆ Minor cuts and bruises.</li> <li>◆ Cold and flu symptoms, including fever, coughing, sore throat and mild nausea.</li> <li>◆ Sinus or respiratory infections.</li> <li>◆ Urinary tract infections.</li> <li>◆ Seasonal allergies.</li> <li>◆ Pinkeye.</li> <li>◆ Migraine.</li> <li>◆ Rashes, insect bites, sunburn or other skin irritations.</li> </ul>	 <p>Go to the emergency room or call 911 for potentially life-threatening conditions, such as:</p> <ul style="list-style-type: none"> <li>◆ Heavy, uncontrolled bleeding.</li> <li>◆ Signs of a heart attack, like chest pain that lasts more than two minutes.</li> <li>◆ Signs of a stroke, such as numbness or sudden loss of speech or vision.</li> <li>◆ Loss of consciousness or sudden dizziness.</li> <li>◆ Major injuries, such as broken bones or head trauma.</li> <li>◆ Coughing up or vomiting blood.</li> <li>◆ Severe allergic reactions.</li> </ul>



Kansas City