

# YOUR HEALTH CARE ROAD MAP

Getting the medical attention you or a loved one needs is paramount. Beyond that, how you navigate care can affect wait times, your costs, and more. Here's help mapping out key options:



## PRIMARY CARE PROVIDER

Head to your PCP's office for routine and preventive care, including:

- Check-ups
- Preventive screenings
- Management of chronic conditions
- Reliable health and wellness advice
- Detecting illnesses at an early stage
- Medicine prescriptions
- Referrals to get tests or see specialists



## SPECIALIST

These providers have special training in a certain area of medicine, such as cardiology or cancer. They can help prevent, diagnose, manage, and treat health problems.



## TELEHEALTH

Phone or video calls may be able to take the place of some in-person visits. Let your PCP or specialist know if you'll need an interpreter.



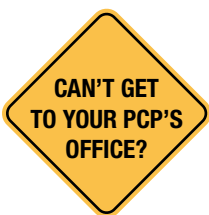
## EMERGENCY ROOM

**In an emergency, call 911 or go to the nearest ER.** What's an emergency? Any condition that could end up taking a person's life or causing them serious harm. Let your PCP and other health care providers know if you went to the ER or were admitted to the hospital.



## URGENT CARE

Often open weekends and holidays, an urgent care center can help when your PCP's office is not an option. You can get care for pressing concerns like fevers, sore throats, and ear infections.



*Try telehealth or an urgent care center.*

