



# Choosing the Right Place for Care

When you are sick, the emergency room may be the first option that comes to mind. However, if your life isn't at risk, there are other quality care options that can provide medical care at a much lower out-of-pocket cost.

Choosing the right medical care option for your issue saves you money, time, and peace of mind.

CARE OPTION	AVERAGE COST PER VISIT	BEST CHOICE WHEN	EXAMPLES OF CONDITIONS TREATED	
<b>Virtual Care by Teladoc Health*</b> <i>Available 24/7/365</i>	<b>PPO2:</b> \$5 copay <b>Advantage:</b> 5% after deductible <b>Advantage Plus:</b> 10% after deductible <b>MESSA Choices plans:</b> \$20 copay <b>MESSA ABC Saver:</b> subject to deductible	You have an acute illness and need care outside of your Primary Care Doctor's office hours or prefer the convenience of virtual care	<ul style="list-style-type: none"> <li>• Allergies</li> <li>• Fever</li> <li>• Headache</li> <li>• Nausea &amp; vomiting</li> <li>• Rashes &amp; sunburn</li> </ul>	<ul style="list-style-type: none"> <li>• Cold &amp; flu</li> <li>• Infections</li> <li>• Pink eye</li> <li>• Sore throat</li> <li>• Earaches</li> </ul>
<b>CMU Health</b>	Preventive Care: All Other Visits:	You need convenient access to primary and urgent care services on campus	<u>Primary &amp; Urgent Care</u> <ul style="list-style-type: none"> <li>• Acute &amp; Routine Care</li> <li>• Immunizations &amp; Injections</li> <li>• Women's Health (Gynecological Exams &amp; Birth Control Management)</li> <li>• Behavioral Health Services</li> <li>• Laboratory Testing</li> <li>• Urgent, same-day care</li> </ul>	<u>Services including:</u> <ul style="list-style-type: none"> <li>• Routine care &amp; Physicals</li> <li>• Acute &amp; Chronic Disease Management</li> <li>• Dysport (Botox) Injections</li> <li>• Basic Cardiac Screening</li> <li>• Laboratory Testing</li> </ul>
<b>Primary Care Doctor</b>	Preventive Care: All Other Visits:	You need preventive care, have an illness or injury, or need care related to chronic conditions	<ul style="list-style-type: none"> <li>• Routine care &amp; physicals</li> <li>• Lab work &amp; screenings</li> <li>• Immunizations</li> <li>• Cold &amp; flu</li> <li>• Sprains &amp; strains</li> </ul>	<ul style="list-style-type: none"> <li>• Allergies</li> <li>• Earaches</li> <li>• Infections</li> <li>• Chronic diseases</li> <li>• Asthma</li> </ul>
<b>Urgent Care Center</b>		You become sick or injured, and you cannot wait for an appointment with your primary care doctor	<ul style="list-style-type: none"> <li>• Animal bites</li> <li>• Stitches</li> <li>• Sprains</li> <li>• Strains</li> <li>• Minor allergic reactions</li> </ul>	<ul style="list-style-type: none"> <li>• Rashes</li> <li>• Cold &amp; flu</li> <li>• Nausea &amp; vomiting</li> <li>• Mild to moderate shortness of breath</li> </ul>
<b>Emergency Room</b>		You experience a true medical emergency that poses risk of serious bodily injury or death	<ul style="list-style-type: none"> <li>• Loss of consciousness</li> <li>• Severe bleeding</li> <li>• Poisoning</li> <li>• Broken bones</li> <li>• Severe pain</li> </ul>	<ul style="list-style-type: none"> <li>• Head injury</li> <li>• Numbness on one side of the body</li> <li>• Severe shortness of breath</li> </ul>

**\*To access Virtual Care by Teladoc Health:**

**For Employees enrolled in Blue Cross Blue Shield**

**For Employees enrolled in MESSA**



HUMAN RESOURCES

**BENEFITS & WELLNESS**

CENTRAL MICHIGAN UNIVERSITY