

# Knowing where to go for care

These days, it's important to be aware of what certain health services cost and where to go for care. A visit to the emergency room may seem like the right option, but it isn't always the best financial decision. The ER is the most expensive place to receive care and a non-emergency visit could mean higher out-of-pocket expenses. Knowing what options are available for care could save you time and money.

## Telemedicine



Avoid the wait! Get 24/7 on-demand care from board-certified doctors either by phone or video chat.

- > Allergies
- > Cold or flu symptoms
- > Headaches
- > Rash
- > Sore throat

Average cost of visit:

**\$0-45<sup>1</sup>**

## Your Doctor's Office



When minor injury or illness strikes, schedule an appointment with your doctor. They can help coordinate any additional care you may need.

- > Health screenings
- > Immunizations
- > Cold or flu symptoms
- > Sinus problems
- > Sore throat

Average cost of visit:

**\$140<sup>2</sup>**

## Urgent Care



When you need care but can't get to your doctor's office, visit an urgent care facility. Doctors are ready to treat your non-emergency symptoms.

- > Animal/insect bites
- > Cuts requiring stitches
- > Ear infections
- > Nausea or diarrhea
- > Sprains

Average cost of visit:

**\$180<sup>2</sup>**

## Emergency Room



If you're experiencing symptoms that are life threatening, don't wait! Call 911 or head to the nearest emergency room.

- > Chest pain
- > Difficulty breathing
- > Sudden dizziness
- > Broken bones
- > Head injuries

Average cost of visit:

**\$1,900<sup>2</sup>**

<sup>1</sup> Dependent on individual health plan benefits

<sup>2</sup> Averages are based on claims data from Trustmark Health Benefits' book of business and are not tied to a specific condition or treatment. Cost of visits will vary depending on plan benefits.

Expect more.  
*Benefit* more.

For more information on healthcare coverage through your benefit plan, call Trustmark Health Benefits at the number located near the top of your ID card.

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