

DON'T WASTE YOUR TIME OR MONEY:

TQL 

Know Where to Go for Medical Care



EMERGENCY ROOM (ER)

Go to the ER for life-threatening conditions or severe symptoms:

- Chest pain or pressure
- Severe shortness of breath
- Uncontrollable bleeding
- Severe burns
- Sudden confusion or difficulty speaking
- Severe allergic reactions
- Broken bones with visible deformity



URGENT CARE

Save money by choosing an urgent care center that is not affiliated with a hospital.

Visit urgent care for non-life-threatening issues that need prompt attention:

- Minor fractures or sprains
- Moderate cuts requiring stitches
- High fever without rash
- Vomiting or diarrhea
- Mild to moderate asthma attacks

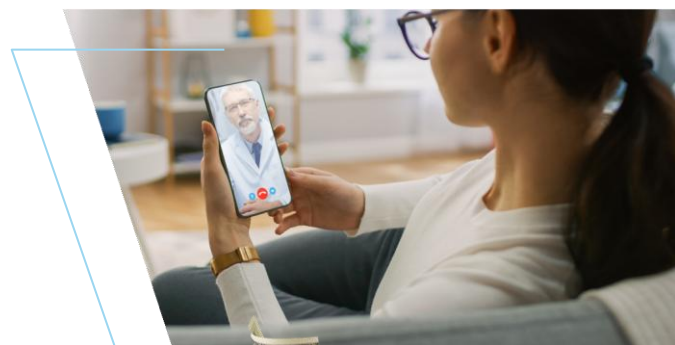


TELEDOC - 1-800-835-2362

Little as \$10 per visit; call from anywhere.

Use Teladoc for non-emergency conditions and routine care:

- Cold and flu symptoms
- Allergies
- Skin rashes
- Minor infections
- Mental health support
- Prescription refills
- Pink eye



10 WAYS TO SAVE ON HEALTHCARE COSTS

