

# My Care, My Options



It can be difficult to know where to turn when you or a loved one is sick or injured. You have more options than ever, and it's important to identify them now. Use this form to keep track of the different places you might receive help, and review it with your doctor, health plan, or employer, if you have employer-sponsored health insurance. Make the right decision for your health and your wallet and get care at the right location.

## My PCP

*Your PCP's office is the best place to start when you aren't sure where to go. Many offer night and weekend hours, and can fit you in at the last minute if you need to be seen.*

Name:

Address:

Phone Number:

Hours:

**Copay:**

## My Urgent Care Center

*Urgent care centers can treat a wide variety of problems, from broken bones to ear and sinus infections. Did you know there are 150 of these centers in Massachusetts now? Ask your doctor to recommend one close to you!*

Name:

Address:

Phone Number:

Hours:

**Copay:**

## My Retail Clinic

*Retail clinics are located in convenient locations like pharmacies and supermarkets. They can help with lots of minor issues, like getting a strep test or treating a rash.*

Name:

Address:

Phone Number:

Hours:

**Copay:**

## My Telehealth Service

Many employers now offer telehealth services that connect you to a doctor from your own home, day or night, for issues like pink eye, the flu, and many more. Check with your employer or insurer to find out more.

Name:

Website:

Hours:

**Copay:**

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## My Nurse Advice Line

Most insurance companies offer a 24/7 advice line with nurses to help you decide whether an urgent issue requires immediate care or can wait until your doctor's office is open. This service is typically free.

Name:

Phone Number:

Hours:

**Copay:**

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## Emergency Department

The emergency department is typically the most expensive option and visitors often experience long wait times if they have only minor illness or injuries. It is always best saved for true emergencies.

Name:

Address:

Phone Number:

**Copay:**

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You can save time and money by receiving care elsewhere, but if you believe you are experiencing a life threatening illness or injury, call 911 or visit your emergency department.