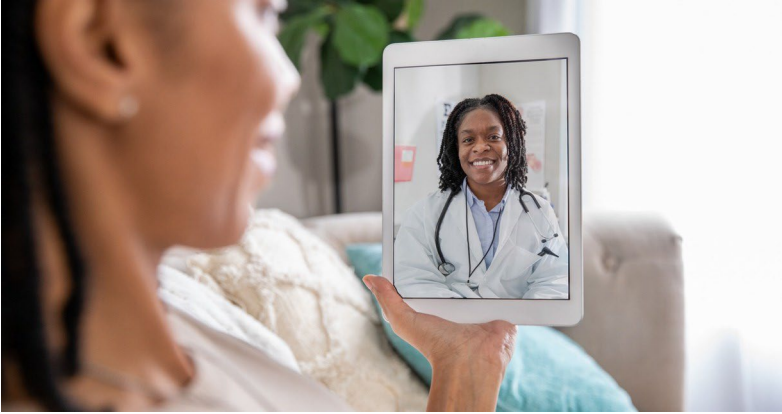# SAVE TIME AND MONEY!

Avoid long waits at the Emergency Room and reduce your out-of-pocket costs by utilizing Telemedicine and Urgent Care Centers for ailments that are not life-threatening. Both of these options provide fast, effective care— when you need care fast.

KNOW WHERE TO GET CARE

Visits to the ER can be very costly, so before you go to the ER, consider whether your condition is truly an emergency or if you can receive care from Telemedicine or at an Urgent Care Center instead.

Telemedicine	Urgent Care Center	Emergency Room
• Cold/Flu	• Allergic reactions	• Heart attack
• Allergies	• Bone x-rays, sprains or strains	• Stroke symptoms
• Animal/ insect bite	• Nausea, vomiting, diarrhea	• Chest pain, numbness in limbs or face, difficulty speaking, shortness of breath
• Bronchitis	• Fractures	
• Skin problems	• Whiplash	• Coughing up blood
• Respiratory infection	• Sports injuries	• High fever with stiff neck, confusion or difficulty breathing
• Sinus problems	• Cuts and minor lacerations	
• Strep throat	• Infections	• Sudden loss of consciousness
• Pink eye/ Eye irritation	• Tetanus vaccinations	• Excessive blood loss
• Urinary issues	• Minor burns and rashes	
• Dermatology		
• Behavioral health		

HOW TO ACCESS TELEMEDICINE 24/7

$0 COST TELEMEDICINE VS. VIRTUAL OFFICE VISITS

Please note that Telemedicine services are different from virtual/telephonic office visits with your participating provider. Most Fund Health Plans have a **$0 copay for the Telemedicine services (CVS Virtual Care)**.

Virtual/Telephonic Office Visits with your participating provider may require a copay or coinsurance in accordance with your specific health plan. For more information on your cost-share for virtual office visits, please consult your insurance carrier at the customer service number on the back of your ID card.

CVS Virtual Care

- Call **1.877.993.4321**
- Visit **CVS.com/virtual-care**

CVS HEALTH VIRTUAL CARE

YOUR CARE. YOUR WAY.

Convenient and affordable virtual care wherever you need it.

From your therapy appointments to quick care, CVS Health Virtual Care has got you covered. You can use CVS Health Virtual Care in addition to your traditional network of providers. Access is included as part of your medical plan from Aetna, a CVS Health company because healthier happens together.

- **On-Demand Care:** Access 24/7 quick care for minor illnesses and injuries.
- **Mental Health Services:** Get counseling for things like anxiety and stress, plus psychiatry services for medication management.
- Extend to in-person care when needed at nearby MinuteClinic locations or in-network provider clinics.

GET STARTED TODAY WITH CVS HEALTH VIRTUAL CARE

- Activate your virtual care benefit by visiting **www.cvs.com/virtual-care**
- Create an account and confirm your details
- Schedule a mental health appointment, or request on-demand care 24/7/365

Scan the QR Code to activate your virtual care benefit!