

Tips to Best Utilize Your Health Care Coverage:

1. Contact your health insurance company either by phone or online to learn about your specific plan's **Provider Network**. Using an "in-network" doctor or facility will cost less to you out of pocket. Most networks are searchable through online databases and websites linked from your health insurance website.
2. Does your health insurance plan cover preventative care? If so, locate an in-network **Primary Care** physician, and set up an appointment for a new patient visit (this can take several months). Typical types of primary care physicians for adults specialize in: Family Practice, Internal Medicine, or General Practice.
3. Find an **Urgent Care** facility near you that is available when your doctor isn't (i.e. on nights and/or on weekends) and is within your provider network.
4. Identify a **Clinic** nearby and in-network for care when you're sick if your health insurance plan doesn't cover preventative care. Note: CVS and Walgreens locations may have a clinic located within the store, check their websites for more info.

Health Insurance Company: _____
Website: _____
Phone Number: _____
Provider Network: _____

Primary Care Physician: _____
Phone Number: _____
Website: _____
Office Address: _____

Urgent Care Facility: _____
Phone Number: _____
Office Address: _____

Local Clinic: _____
Phone Number: _____
Location Address: _____

5. Understand which facility to visit based on your symptoms. In the US, visiting the emergency room (ER) for a non-emergency condition will be very expensive, and your insurance may not cover the bill. Your Primary Care physician is always the first contact for non-life threatening illnesses or injuries. If you are unable to make an appointment with your doctor, or if you don't have one, a clinic or urgent care facility is the next best option.

