

Options for Care

Physician, Urgent Care or Emergency Room?

When you need healthcare, understanding your options can help you make a good decision. Consider the following information when deciding where to get treatment.

Primary Care Provider

Main healthcare provider for non-emergency situations.



Appointment required.

- Colds and sore throats
- Allergies and sinus problems
- Ear and eye infections
- Rashes
- Blood pressure checks and management
- Diabetes management
- Asthma management
- Sprains and strains

Telehealth

Convenient, virtual option for a wide range of common ailments.



On-demand, same-day and scheduled appointments.

- Urgent care*
- Wellness visits
- Chronic condition management
- Prescriptions
- Lab and imaging scheduling
- Counseling and psychiatry services

Telehealth services are provided by Recuro Health. Visit member.recurohealth.com or call **844-715-1724**.

*Treatment provided for non-life-threatening emergencies.

Urgent Care

For non-life-threatening conditions that need immediate care.



No appointment required, but may involve a long wait.

- Flu and cold
- Cough and sore throat
- High fever
- Allergies
- Nausea
- Cuts and severe scrapes
- Minor injuries and burns

ER

For severe and life-threatening conditions.



May involve a long wait, depending on the emergency.

- Allergic reactions
- Broken bones
- Chest pain
- Constant vomiting
- Continuous bleeding
- Deep wounds
- Severe shortness of breath
- Weakness or pain in a leg or arm
- Head injuries
- Unconsciousness

Who Is Your Primary Care Physician?

Primary care physicians (PCPs) can span several categories or specialties. You may know your PCP by one of these titles:

Family physician • General practitioner • Doctor of internal medicine • Pediatrician

Stay Healthy With Preventive Care

Your PCP is there to monitor your health throughout your life and is your first contact for preventive care, which is included in your health plan. Some preventive care services can find medical conditions early, while others can prevent certain diseases.

Preventive care examples:

- Annual physicals and well-child visits
- Flu, COVID-19 and pneumonia vaccines
- Cholesterol, blood pressure and diabetes tests
- Mammograms and colorectal cancer screenings



Take Control of Your Health

When coupled with a healthy lifestyle, preventive care screenings can help people of all ages safeguard or improve their physical well-being. Talk with your PCP about which services may be right for you and your family members.

For more information on preventive services covered by your health plan,
call a Care Coordinator at **866-885-1491**.

Or visit your member site at **BrightSpring.Quantum-Health.com**.

In the case of a medical emergency, seek care or call 911 immediately.

Care Coordinators are available to provide
expert service and support.

866-885-1491 | M - F: 8:30 a.m. - 10 p.m. ET