

Knowing where to go for care

These days, it's important to be aware of what certain health services cost and where to go for care. A visit to the emergency room may seem like the right option, but it isn't always the best financial decision. The ER is the most expensive place to receive care and a non-emergency visit could mean higher out-of-pocket expenses. Knowing what options are available for care could save you time and money.

Telemedicine



Avoid the wait! Get 24/7 on-demand care from board-certified doctors either by phone or video chat.

- > Allergies
- > Cold or flu symptoms
- > Headaches
- > Rash
- > Sore throat

Average cost of visit:

\$0-45¹

Your Doctor's Office



When minor injury or illness strikes, schedule an appointment with your doctor. They can help coordinate any additional care you may need.

- > Health screenings
- > Immunizations
- > Cold or flu symptoms
- > Sinus problems
- > Sore throat

Average cost of visit:

\$140²

Urgent Care



When you need care but can't get to your doctor's office, visit an urgent care facility. Doctors are ready to treat your non-emergency symptoms.

- > Animal/insect bites
- > Cuts requiring stitches
- > Ear infections
- > Nausea or diarrhea
- > Sprains

Average cost of visit:

\$180²

Emergency Room



If you're experiencing symptoms that are life threatening, don't wait! Call 911 or head to the nearest emergency room.

- > Chest pain
- > Difficulty breathing
- > Sudden dizziness
- > Broken bones
- > Head injuries

Average cost of visit:

\$1,900²

¹ Dependent on individual health plan benefits

² Averages are based on claims data from Trustmark Health Benefits' book of business and are not tied to a specific condition or treatment. Cost of visits will vary depending on plan benefits.

Expect more.
Benefit more.

For more information on healthcare coverage through your benefit plan, call Trustmark Health Benefits at the number located near the top of your ID card.