

# Save on HEALTHCARE



## Know where to go:



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**Walk-in  
clinic**

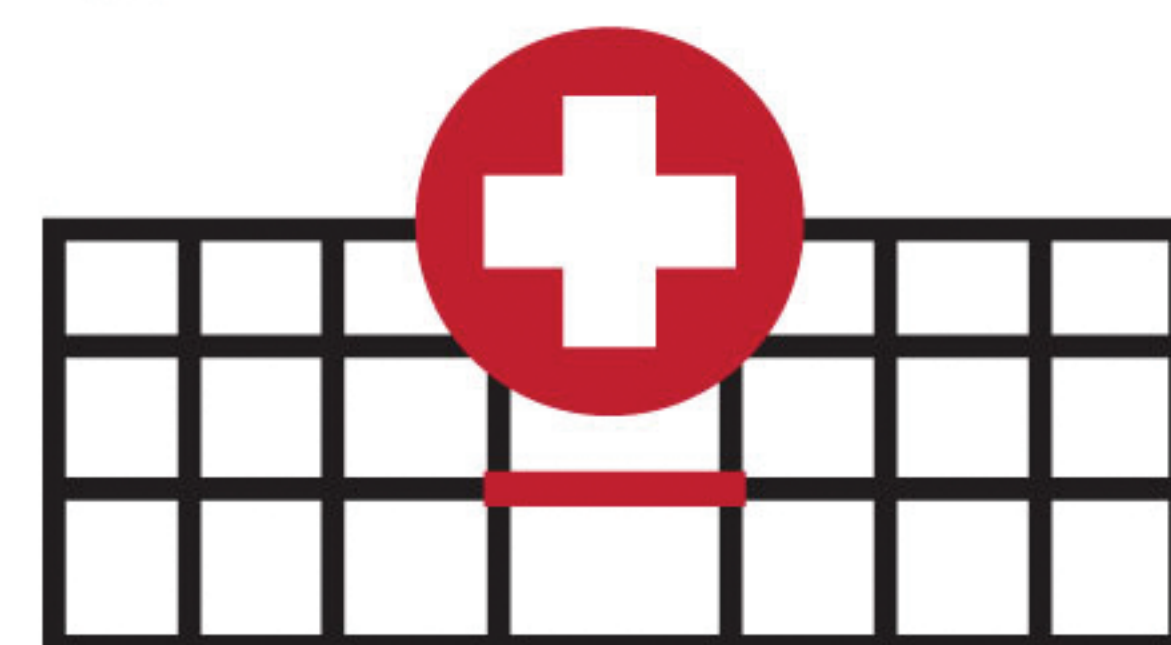
- Ear/sinus infections
- Cold/flu
- Minor sprains
- Vaccines



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**Urgent  
Care**

- Fractures
- X-rays
- Cuts needing stitches
- Severe rash



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**Emergency  
Room**

- Chest pains
- Life threatening injuries
- Bleeding
- Loss of consciousness
- Severe rash

**Save on  
HEALTHCARE**



**Health questions or  
concerns?**

**Call the Nurse Advice Line  
first!**

**866-556-2288**

**Nurses available  
to answer your  
questions, 24-7!**



**Save on  
HEALTHCARE**



**SAVE on Prescriptions:**

**Whenever possible,  
use GENERIC drugs.**

**Less out-of-pocket  
cost for YOU!**



# Save on HEALTHCARE



## Shop around and compare!

Use the consumer tools from your health care provider to find a lower cost option for procedures.

- Example: an MRI can run \$400 - \$4,000
- Compare procedures at various facilities to save
- Save \$ by shopping around



**Save on  
HEALTHCARE**



**Earn up to \$350 with  
the Take Charge and  
Live Well program!**



Enroll in the Take Charge and Live Well program through your health care provider and **earn up to \$350** by taking steps to improve your health!

- OCSEA members and spouses enrolled in the state's medical plan are eligible
- Enroll through your health care provider

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HEALTHCARE**



## **Before you visit the Doctor:**

- List all medications
- List and describe symptoms
- Bring someone to help listen
- Ask the right questions:
  - Is it necessary?
  - Is generic available?
  - Is there an alternative treatment?

