

HOW TO USE YOUR INSURANCE

Properly utilizing your medical insurance while you're here in the U.S. is key to getting the best possible care. Follow these steps below to make the most of your policy.



1. TELADOC

Teladoc provides virtual healthcare via phone, app, or web in the comfort of your home. They focus on non-emergency medical issues and offer a variety of services, including: 24/7 general medical care and expert medical advice. [Visit Teladoc.com](https://www.teladoc.com) →



2. MINUTE CLINIC

Minute clinics, unlike urgent care centers, focus on more basic medical care, such as treatment for minor illnesses and injuries, chronic condition management and screenings and monitoring.



3. URGENT CARE

Urgent care centers are designed for situations that require medical attention but aren't life-threatening emergencies. They typically treat a wide range of common illnesses and injuries, such as respiratory infections, sprains, allergies, vaccinations and physicals.



4. VISIT A PROVIDER OR SPECIALIST

Specialists provide focused and in-depth care for specific areas of medicine (for particular parts of your body or a specific health concern). Their diagnosis and treatment, treatment plans and procedures are very targeted.



5. EMERGENCY ROOM

The ER is equipped to handle critical and life-threatening situations. You can expect 24/7 emergency medical care, trauma care, diagnostic testing, initial treatment and stabilization as well as referrals to specialists.



Discover your Healthcare Options

Log in to your myuhc.com account and then click Find a Doctor.

COST YOU'LL INCUR WITH EACH OPTION

Teladoc

No cost to you.

Minute Clinic or Urgent Care

You'll owe your co-pay at the time of your visit

Find a Specialist

If you visit a doctor's office, you'll owe your deductible.

Emergency Room

You'll owe your co-pay as well as your deductible if you are not admitted.