

Types of Symptoms to Visit Primary Care (not ER)

- Rashes
- Colds
- Congestion
- Sore throat
- Urinary infections
- Flu/bad colds

- Fever/headache
- Diarrhea/vomiting
- Sinus infections
- Ear infections
- Sprains/muscle pulls

Primary Care Services

Emergency Rooms/Freestanding ERs

Your regular doctors know your history and focus on treating the cause of your condition to help prevent repeat medical issues.

The more you visit with your primary doctor, the easier it is for them to have a comprehensive view of your health to identify risks and give you a better quality of life! An emergency room focuses on alleviating your symptom(s), but often won't identify the cause or offer long-term care and solutions.

This can result in return visits for the same medical issues.

\$185 Average doctor's visit **\$4,070** 22x more than a doctor