



Know your care costs

When you choose a health plan, you want to know how much you'll pay for care. With so many options, it can be confusing to know where to go. Use this information to help you get the best care while managing your out-of-pocket costs.

When you need:	Go to:	Average cost:	Average time spent:
Health advice from a nurse. For example, if you have questions about: <ul style="list-style-type: none">MedicinesCold or coughUpset stomach	CareLineSM service — Call CareLine 24/7 at 612-339-3663 or 800-551-0859	Free	
Treatment and prescriptions for minor medical issues. For example: <ul style="list-style-type: none">Sinus infectionYeast and bladder infectionsPink eye	Convenience clinics (found in retail and grocery stores)	\$	
A regular checkup or care for urgent problems during the day. For example: <ul style="list-style-type: none">Diabetes managementEar infectionStrep throat	Primary care clinics	\$\$	
Care for urgent problems when primary care clinics are closed. For example: <ul style="list-style-type: none">Cuts that need stitchesPossible broken bonesSprains	Urgent care clinics	\$\$\$	
Help in an emergency. For example: <ul style="list-style-type: none">Chest pain or shortness of breathSerious cuts and burnsHead injury	Emergency room	\$\$\$\$	