



# YOUR HEALTH, YOUR CHOICES

Controlling healthcare costs is everyone's responsibility. Here are some simple things you can do to help keep healthcare affordable for everyone.



## 1.) Get healthy and stay healthy!

- Work with your healthcare provider to make healthy choices. Ask questions.
- Exercise regularly, eat a balanced diet, and reduce alcohol and tobacco consumption.
- Maintain a healthy weight.
- Take all medications as prescribed. Follow recommended treatment and instructions.

## 2.) Call your healthcare provider when you are sick.

Although many health problems can be handled at home, sometimes it is hard to know what to do or when to call your health care provider. Here are some suggestions to help you.



- During regular office hours, call your EqualityCare health care provider for advice or to make arrangements to be seen.
- After the office is closed, call your EqualityCare health care provider's after-hours phone number for advice or instructions on where to be seen. To find out the after-hours phone number, call your health care provider's office number.

## 3.) Pay your co-payment

Some office visits require a co-payment; these co-payments are as follows and do not apply to children or pregnant women:

- Office visits, home visits, eye examinations, mental health visits, community health clinic visits are all \$2.00 per visit
- Services received in emergency rooms that are not emergencies require a co-pay of \$6.00.

## 4.) In a true emergency, call 911 or go to the nearest emergency room.

These conditions are considered emergencies. Don't delay – Call 911 or go to the nearest emergency room.

- Severe bleeding
- Chest pain
- Loss of consciousness
- Poisoning
- Difficulty breathing
- Severe injury

**Visit your regular healthcare provider instead of the hospital emergency room. The average emergency room visit last year was \$530.43, while the average healthcare provider visit was \$68.28.**

Following the above steps will help keep healthcare affordable for everyone.

## IMPORTANT!

You will soon receive a book in a separate mailing. The name of the book is "Healthwise® Handbook, A Self-Care Guide For You", and is free to you and your family. Please read through the book and use it anytime you have questions about your health or how to treat minor illness or injury.

**You may call toll-free 1-800-545-1710 to speak with a nurse (24 hours a day, 7 days a week) regarding your healthcare questions or this book.**

**Do your part in controlling healthcare costs!**