



Choosing the Right Care: Know Your Options

As Vermont's only non-profit health plan, we take pride in providing you with comprehensive benefits and access to the largest network of local doctors and hospitals. When it comes to receiving care, you have a variety of options. Understanding those options can help you choose the right care for your situation, and may save you time and money.

Non-Emergency Care Options

For symptoms that are not life-threatening, there are a number of options available to you:

- **Primary Care Provider:** If you feel unwell on a weekday, the best option is to contact your doctor's office. It's usually faster and less expensive than other options. If you don't have a doctor, you can use our [find a doctor tool](#) to locate a provider near you.
- **Urgent Care Center:** When your primary care office isn't available and you need prompt treatment that is not a medical emergency, urgent care is a great option. Urgent care can help with minor injuries and illnesses, is less expensive than the emergency room, and typically offers imaging and testing services.
- **[Amwell® Telemedicine](#) 24/7 Services:** If you prefer to receive care from the comfort of your home, telemedicine gives you the option to do so. Using a smartphone or computer, you can securely connect with a provider online for most common health issues.

Emergency Care Services

For serious illnesses or injuries that require immediate care, head to the emergency room or call 911. The emergency room is where you want to be when immediate treatment or test results, scans, and x-rays are needed.

Please remember that benefits can vary according to your health plan, so be sure to understand your plan benefits before seeking care.



Know Where to Go for Care

When you're sick or injured, knowing where to go will ensure you get the right care and can save you time and money. Check out our blog to learn how to choose which care option is right for you in the moment.

[Read Blog](#)