

Know the most

cost-effective way to access healthcare

COMPARE YOUR OPTIONS



RECURO TELEHEALTH SERVICES

AVERAGE COST: \$0

Recuro provides you, and all your legal dependents, with free 24/7 access to board-certified doctors and licensed therapists for treatment of:

Common medical concerns
Behavioral therapy and counseling

These services are available to you and your family, regardless if they are on the medical plan or not, anytime, anywhere.



URGENT CARE CENTERS

AVERAGE COST: \$ 150

At these walk-in medical clinics, doctors and nurses provide immediate care for non-life-threatening illnesses and injuries (sore throat, ear infections, stomach pains, minor cuts, COVID tests, etc.) Urgent care centers often cost much less than going to the ER and may provide much faster care. Many offer evening, weekend, and 24-hour services. Appointments may be needed.



HOSPITAL EMERGENCY ROOMS

AVERAGE COST: \$2,000

Usually located in a hospital, an ER provides immediate, emergency care for serious and life threatening illnesses and injuries (heart attack, major broken bones, allergic reactions, shortness of breath, etc.)



FREE STANDING EMERGENCY ROOMS

AVERAGE COST: \$3,000

Avoid these if possible. These centers fulfill the same need as a hospital ER, but typically do not contract, and are not in network. The cost at these facilities is much higher for both you, and the medical plan.

These facilities have to use the word "Emergency" when they advertise and need to be equipped like a full-service ER. Don't confuse this with Urgent Care.

WHEN YOU OR SOMEONE YOU
KNOW HAS A LIFE-THREATENING
MEDICAL PROBLEM, CALL 911
IMMEDIATELY.