

Know Where to Go for Care

Making informed decisions regarding your care includes understanding your care options to ensure that you and your family receive the care you deserve. If you are unsure **where to go for care**, contact your 24/7 Nurse Line through your state health plan.*



Where should I go?

*24/7 Nurse Line:

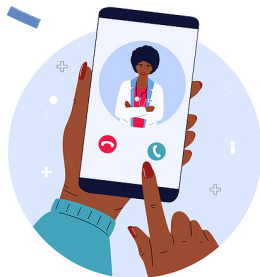
Aetna 1-800-556-1555 | Highmark 1-844-459-6452



Primary Care

For preventive care or ongoing care and treatment of non-life-threatening conditions:

- Annual check-ups
- Coughs or colds
- Fever
- Lingering pain
- If something causes you concern
- Regular health screenings
- Unexplained weight changes



Telemedicine

A safe alternative to seeking in-person care and for treatment of non-life-threatening conditions:

- Pink eye
- Allergies
- Sore throat
- Runny nose
- Fever
- Cough, cold, or flu symptoms



Urgent Care

For conditions that require immediate care but are not life-threatening:

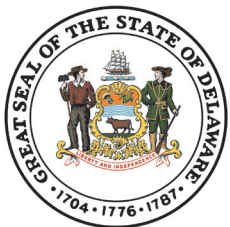
- Asthma attack
- Moderate burns
- Moderate cuts requiring stitches
- Sprains and strains
- Urinary tract infection with fever or flank pain



Emergency Room

For conditions that are life-threatening:

- Chest pain
- Difficulty breathing
- Head and eye injuries
- Loss of consciousness
- Major fracture
- Severe bleeding
- Sudden loss of vision or blurred vision



Have questions? Call 1-800-489-8933

de.gov/statewidebenefits Select, "Choosing the Right Care"