

Making the Most of Your Benefits



WHEN TO USE THE ER

The emergency room shouldn't be your first choice unless there's a true emergency—a serious or life-threatening condition that requires immediate attention or treatment that is only available at a hospital.

WHEN TO USE URGENT CARE

Urgent care is for serious symptoms, pain, or conditions that require immediate medical attention but are not severe or life-threatening and do not require use of a hospital or ER. Urgent care conditions include, but are not limited to: earache, sore throat, rashes, sprains, flu, and fever up to 104°.

ONSITE EMPLOYEE CLINIC

The Santa Barbara and Santa Maria clinics are open Monday to Friday from 7:30am – 4:00pm. Go to Employee On-site Health Clinics for more information.

PREVENTIVE OR DIAGNOSTIC?

Preventive care is intended to prevent or detect illness before you notice any symptoms. Diagnostic care treats or diagnoses a problem after you have had symptoms.

Be sure to ask your doctor why a test or service is ordered. Many preventive services are covered at no out-of-pocket cost to you. The same test or service can be preventive, diagnostic, or routine care for a chronic health condition. Depending on why it's done, your share of the cost may change.

Whatever the reason, it's important to keep up with recommended health screenings to avoid more serious and costly health problems down the road.

PREVENTIVE CARE SERVICES

Children:

- + Well-baby care
- + Annual physicals
- + Immunizations
- + Flu shots
- + Medical/family history and physical exams
- + Blood pressure checks
- + Vision screening

Women:

- + Pap tests
- + Mammograms
- + Annual physicals
- + Immunizations
- + Flu shots
- + Colonoscopy
- + Blood pressure checks
- + Cholesterol (total and HDL)

Men:

- + Colonoscopy
- + Prostate cancer screening
- + Annual physicals
- + Immunizations
- + Flu shots
- + Blood pressure checks
- + Cholesterol (total and HDL)