



# Where To Go For Care



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Where	What	When		Base Plan	Buy-Up Plan
Virtual Visits (Teladoc)	See a doctor using your smartphone, tablet or computer. You can even get a prescription sent to your pharmacy all in 30 minutes or less.	<ul style="list-style-type: none"> <li>- Allergies</li> <li>- Cough/cold/sinus</li> <li>- Bladder infection</li> <li>- Bronchitis</li> <li>- Mild COVID-19 symptoms</li> </ul>	<ul style="list-style-type: none"> <li>- Diarrhea</li> <li>- Fever</li> <li>- Pink eye</li> <li>- Rashes</li> </ul>	\$0—no cost to you!	\$0—no cost to you!
Preventive Care	See a doctor for routine, annual screenings.	<ul style="list-style-type: none"> <li>- Annual routine physical</li> <li>- Annual blood work</li> </ul>	<ul style="list-style-type: none"> <li>- Age/gender appropriate screenings (i.e., mammogram)</li> </ul>	\$0—no cost to you!	\$0—no cost to you!
Primary Care Physician	Visit your doctor when you need routine care. Your primary doctor can access your medical records, manage your medications and refer you to a specialist, if needed.	<ul style="list-style-type: none"> <li>- General health management</li> <li>- Minor skin conditions</li> </ul>	<ul style="list-style-type: none"> <li>- Vaccinations</li> </ul>	\$25 Copay	\$25 Copay
Urgent Care Facility	Urgent care is ideal when you need care quickly, but it's not an emergency (and your doctor isn't available). Urgent care centers treat issues that aren't life-threatening	<ul style="list-style-type: none"> <li>- Sprains</li> <li>- Strains</li> <li>- Stitches</li> </ul>	<ul style="list-style-type: none"> <li>- Minor burns</li> <li>- Minor infections</li> <li>- Minor broken bones</li> </ul>	\$60 Copay	\$50 Copay
Emergency Room	ER is for life-threatening or very serious conditions that require immediate care. This is also when to call 911 or your local emergency number.	<ul style="list-style-type: none"> <li>- Breathing difficulty</li> <li>- Chest pain</li> <li>- Major broken bones</li> <li>- Spinal injuries</li> </ul>	<ul style="list-style-type: none"> <li>- Head injury</li> <li>- Heavy bleeding</li> <li>- Large, open wounds</li> <li>- Severe COVID-19 Symptoms</li> </ul>	Plan pays 70% / you pay 30% after the annual deductible	\$500 Copay (waived if admitted)