

Use Castlight to Find the Best Match for Your Medical Care Needs

When seeking medical care, *the type of care* can make a considerable difference when it comes to the price of a medical service. Use Castlight to learn about the range of options and prices when seeking medical care.

Options for medical care vary in price and can be more or less expensive, depending on the type of care.

1. **24x7 Nurseline** – An IU-sponsored medical plan includes a 24-hour hotline staffed by nurses who can help you determine whether you should seek treatment.
2. **A Primary Care Doctor** – Visits to an established primary care doctor (PCP) are generally 30% to 50% less than other types of care, such as an urgent care or emergency room visit. Choose a primary care doctor to keep costs low for any future illnesses. Use Castlight to find a PCP and make an appointment for your fully covered annual preventative exam.
3. **Urgent Care Center** – For common illnesses, urgent care centers can provide fast and convenient treatment at a much lower price than going to an emergency room. Plus, they generally offer extended hours and take walk-ins. Use Castlight to see if your condition might be better treated at an urgent care center.
4. **Specialists** – A specialist visit will generally cost more than a primary care visit, and specialist prices vary widely. If a primary care doctor recommends seeing a specialist, use Castlight to select one that provides high-quality care at a reasonable price.
5. **Emergency Room** – Visiting an emergency room will always be the **highest cost option**. It is estimated that nearly 20% of all emergency room visits in the US could be treated by lower-priced alternatives. Unless it is a true emergency, use Castlight to see if there are any lower-priced alternatives.

Register for Castlight today at <http://hr.iu.edu/benefits/castlight.html> to see the cost of services in your area.