Where To Go For Care
Know where to go for the best treatment

**Doctor’s Office**
An important part of staying your healthiest over time includes having a health care provider that you feel comfortable with, understands your health goals, and knows your health history. Everyone, even healthy people, should have an in-network primary care provider that they see regularly to prevent diseases and catch symptoms of serious conditions early.
Visit [nyc.gov/hbp](http://nyc.gov/hbp) to find an in-network provider near your home or work.

**Telemedicine**
Telemedicine is a convenient, low cost option for minor illnesses and injuries like colds or rashes. Call or video chat with a board certified physician, typically same day. Before you call, be sure the service is covered by your health plan.

**Urgent Care**
Urgent care offers convenience and fast service with hundreds of locations throughout the city. You can avoid the long wait times of the emergency room for non-life-threatening conditions. Before you go, make sure that the clinic is covered by your health plan and check your co-pay.

**Emergency Room (ER)**
The ER or 911 should be the first stop for all medical emergencies. Be sure to follow up with your primary care provider after your visit.

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