

Is your medical situation minor or urgent?

It's minor

It's urgent

Which option best describes your situation?

Is your life in danger?

I prefer not to travel

I have a minor medical issue

I would like to see my own doctor

No

Yes



Virtual Health

Board-certified doctors diagnose, treat and write prescriptions by phone or video 24/7. Check with your health plan to find your TRS Virtual Health provider and their contact information.

Average wait time:
10 minutes

Total Cost:



Walk-in clinic

Found in stores and pharmacies. Visit when you have minor illnesses and injuries such as:

- Fevers
- Sore throats
- Migraines
- Cold/Flu

Average wait time:
15 – 30 minutes

Total Cost:



Primary Doctor

Make an appointment with your doctor for issues that are not immediately life-threatening. If your condition requires further attention, your primary doctor may recommend a specialist.

Average wait time:
1 – 2 hours

Total Cost:



Urgent Care

Affiliated with hospitals. Visit when you have serious but non-life-threatening illnesses and injuries such as:

- Cuts that require stitches
- Minor burns
- Sprains
- Broken bones

Average wait time:
30 – 45 minutes

Total Cost:



Emergency Room (ER)

For emergencies call 911 or go to your nearest ER. Use the ER if you think your life is in danger. Symptoms may include:

- Chest pain
- Trouble breathing
- Severe or uncontrollable bleeding
- Other symptoms that you believe may put your life at risk

Average wait time:
3 – 6 hours

Total Cost:

