Need care now?

If you're feeling sick...

Try a walk-in retail clinic (CVS, Walgreens, etc.), community health center, or sliding scale clinic, or call your primary for a “sick visit”.

If it's an emergency...

(trouble breathing, chest pain, etc.)
Call 911 or go to the ER. You can get financial assistance with or without insurance.

If you're injured & it feels urgent...

(but not life-threatening)
Head to an urgent care clinic. They handle stitches, x-rays, asthma flare-ups, sprains, etc.

Not sure where to go?...

Call a nurse hotline (on your insurance card or at local hospitals) or telehealth to help decide.

EMME

Best Tips

Finding care:

Compare rates and get the best deal with “transparent pricing” or find a clinic with sliding scale rates.

Before the appointment:

Ask for a price estimate with any provider. You may be able to get cheaper rates by asking about direct pay (even if you have insurance).

During the appointment:

Ask what all tests and procedures are for. You can say: *“Is this necessary right now?”* or “*Are there any lower-cost options?”*

Billing:

Call and ask for the breakdown of your bill. You can also request a (no-interest) payment plan or financial assistance in some cases.

scan to locate care near you:

or

email us at:
team@emme.com