

VIRTUAL CARE, URGENT CARE, OR ED? Deciding Where to Go



METHODIST

WHEN TO USE VIRTUAL CARE:

Sinus infection, urinary tract infection (UTI), allergies, sore throat, cough or upper respiratory infection.

Don't suffer when you can visit a licensed health care provider by phone or online video, anytime, day or night. You can download the **Methodist Virtual Care App** from **Apple App Store** or **Google Play**, or visit methodistvirtualcare.org.

No appointments necessary and prescriptions provided when needed.

YOUR COST:

\$15 Copay: \$1,000 Plan Option
Deductible + Coinsurance: HDHP Plan Option

WHEN TO GO TO URGENT CARE:



MINOR ILLNESS

Colds, fevers, flu, rashes, strep testing and infections



X-RAYS

Images of your injury for follow up



BREAKS and SPRAINS

Splints for broken bones or sprains



WOUND REPAIR

Wound care and stitches for injuries needing medical attention

YOUR COST:

Same as office visit
Note: Urgent Care charges billed through a hospital facility will be subject to the deductible and coinsurance.

WHEN TO GO TO THE EMERGENCY ROOM:

- ✓ Difficulty speaking, sudden dizziness, numbness, or weakness in the face, arm, or leg
- ✓ Chest pain
- ✓ Severe difficulty breathing or shortness of breath
- ✓ Deep cuts or a wound that won't stop bleeding
- ✓ Fractures with bones showing
- ✓ Infant under 12 months requiring care
- ✓ Abdominal pain or bleeding if you are pregnant
- ✓ Loss of consciousness

YOUR COST:

Deductible + Coinsurance + \$300: \$1,000 Plan Option
Deductible + Coinsurance: HDHP Plan Option

METHODIST URGENT CARE CLINICS

Monday - Friday 6pm to 10pm
Saturday, Sunday, & Holidays: Noon to 6pm
Methodist Health Plan Clinics Tier 1

MILLARD

5908 S. 142nd Street
Omaha, NE 68137
402-354-1001
*Mon-Fri: 10am-10pm
Weekends, & Holidays:
Noon to 6pm

AKSARBEN

6700 Mercy Road
Suite 109
Omaha, NE 68106
402-354-6675
*Mon-Fri: 10am-10pm
Weekends, & Holidays:
Noon to 6pm

NORTHWEST

10710 Fort Street
Omaha, NE 68134
402-354-1001

METHODIST JENNIE ED

808 E Pierce Street
Council Bluffs, IA 51503
712-396-7550

ELKHORN

20021 Manderson
Omaha, NE 68022
402-354-1001

GRETNA

11946 Standing Stone Drive
Gretna, NE 68028
402-815-4500

METHODIST FREMONT HEALTH

**may have facility fee*
450 East 23rd Street
Fremont, NE 68025
402-727-1610
*Mon-Fri: 5pm-10pm
Weekends & Holidays:
Noon to 10pm

OTHER URGENT CARE CLINICS

Methodist Health Plan Covered Clinics | Tier 1

THINK URGENT CARE

7100 W. Center Rd
Omaha, NE 68106
402-506-9000
Mon-Fri: 7am-8pm
Sat, Sun, & Public Holidays: 9am-5pm

URGENT CARE NETWORK, BELLEVUE

1307 Harlan Drive
Bellevue, NE 68005
402-291-8701
Mon-Sat: 8am-8pm
Sun: 8am-4pm

URGENT CARE NETWORK, ROCKBROOK

2821 S. 108th St
Omaha, NE 68144
402-933-8201
Mon-Sat: 8am - 8pm
Sun: 8am to 4pm

URGENT CARE NETWORK, CROSSROADS

325 N. 72nd St
Omaha, NE 68114
402-715-5272
Mon-Sat: 8am-8pm
Sun: 8am-4pm

HEARTLAND URGENT CARE

965 S. 27th St,
Suite D
Lincoln, NE 68510
1-402-477-3505
Mon-Fri: 8am-8pm
Sun: 10am-6pm



OTHER URGENT CARE CLINICS

Methodist Health Plan Covered Clinics | Tier 2

NEBRASKA MEDICINE

EAGLE RUN
3685 N. 129th St
Omaha, NE 68164
402-559-7800
Mon-Fri: 6pm-10pm
Sat & Sun: 10am-8pm
Holidays: 11am-4pm

CHALCO

8343 S. 168th St
Omaha, NE 68136
402-559-7800
Mon-Fri: 6pm-10pm
Sat & Sun: 10am-4pm
Holidays: 11am-4pm

CHILDREN'S WALK-IN VISITS

1022 Woodbury Ave
Council Bluffs, IA 51503
712-352-0405
Mon-Fri: 3pm-8:30pm
Sat, Sun & Holidays:
Noon-8:30pm

FAMILY MEDICINE AT BELLEVUE

2510 Bellevue Med Ctr,
Dr. Level 2
Bellevue, NE 68123
402-559-7800
Mon-Fri: 6pm-10pm
Sat & Sun: 10am-8pm
Holidays: 11am-4pm

CHILDREN'S DUNDEE

4825 Dodge St
Omaha, NE 68132
402-955-7650
Mon-Fri: 6pm-10pm
Sat, Sun & Holidays:
Noon-10pm

MIDTOWN CLINIC

139 S. 40th St
Omaha, NE 68131
402-559-7800
Mon-Fri: 6pm-10pm
Sat & Sun: 10am-8pm
Holidays: 11am-4pm

CHILDREN'S WEST VILLAGE POINT

110 N. 175th St
Omaha, NE 68118
402-955-8300
Mon-Fri: 6pm-10pm
Sat, Sun & Holidays:
Noon-10pm