

# Quick Care Options

If you need to seek medical clearance based on quarantine or recommended self-isolation, we have provided some options below to get medical clearance. **Option one provides the quickest medical clearance.**



## **Option One: Teladoc** (Available for all health insured employees)

Copay: \$45

[Teladoc Health](#) offers comprehensive virtual care solutions, including general medical, mental health, and complex care. Use Teladoc anytime, anywhere for non-emergency conditions like the flu, bronchitis, stress, psoriasis, and more. The service is easy to access seven days a week, by web, phone, or mobile app. All you need to do is register by following the instructions or accessing this [video](#) to learn how to access the Teladoc app.

To learn more: Visit: <https://www.teladoc.com/aetna/> | Call: 1-855-Teladoc | App: [Teladoc](#)

## **Option Two: Urgent Care** (Available for all health insured employees)

Copay Aetna Whole Health: Tier 1 (Maximum Savings) \$30 | Tier 2 (Standard Savings) \$90

Copay Aetna Whole Health Plus: Tier 1 (Maximum Savings) \$15 | Tier 2 (Standard Savings) \$60

Set up an appointment directly with or walk-in to an urgent care, based on their facility procedure. If you feel uncomfortable going into the medical provider's office, you can inquire about telemedicine for your visit.

## **Option Three: Primary Care** (Available for all health insured employees)

Copay Aetna Whole Health: Tier 1 (Maximum Savings) \$30 | Tier 2 (Standard Savings) \$45

Copay Aetna Whole Health Plus: Tier 1 (Maximum Savings) \$15 | Tier 2 (Standard Savings) \$30

Set up an appointment directly with your primary care, and if you feel uncomfortable going into the medical provider's office, you can inquire about telemedicine for your visit.

## **Option Four: Duke Health Anywhere** (Available for all employees)

Copay: \$59

[Duke Health Anywhere](#) is a virtual urgent care option available 24/7 for non-Duke patients or those who do not have a Duke MyChart account. Your virtual visit will be with a board-certified provider through a mobile device or computer with a webcam. Duke Health Anywhere does not accept insurance. Visits cost \$59.

## **Option Five: COVID-19 Test** (Available for all health insured employees & free testing is available)

Copay: Waived

If you are experiencing symptoms of COVID-19 or think you may have COVID-19, get tested. Visit the [NC DHHS](#) site to find a no-cost testing site, or you can schedule with your medical provider, or local pharmacy.

The [CDC](#) site will provide some additional considerations for COVID testing.

If you have any questions, please get in touch with HR Connect at (919) 560-4214 or email [HRConnect@DurhamNC.gov](mailto:HRConnect@DurhamNC.gov)