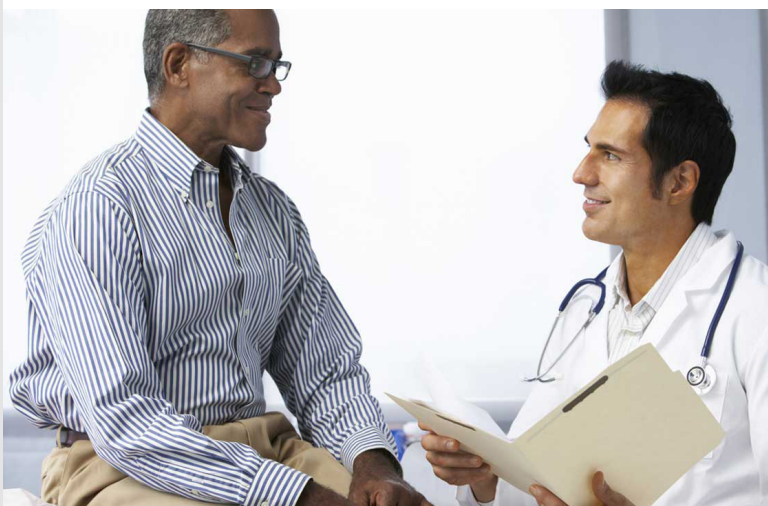


# eHOUSECALL

YOUR MONTHLY GUIDE TO HEALTH CARE AWARENESS

## Combat the Cost of Care



### 5 Tips to be Your Own Health Care Advocate

Your first defense against the rising cost of care is you! Use these tips to take charge and become your own health care advocate.

[Read More](#)

### Know Where to Go for Care



	Local Health Clinic	Urgent Care Center	Emergency Room
Animal bites		●	●
Diabetes	●	●	●
X-rays		●	●
Back pain		●	●
Wound healing	●	●	●
Minor head trauma	●	●	●
Scabies, shingles		●	●
Nausea, vomiting, diarrhea		●	●
Burns, cuts, scrapes	●	●	●
Swelling with circulation	●	●	●
Coughs, sore throat	●	●	●
Ear or sinus pain	●	●	●

Getting the right care, in the right setting can have a big impact on your out-of-pocket costs, luckily, HealthLink has great resources to help you find care when you need it quick. Check out this page for a chart to help you decide where to go for care and an ER-alternative find a doctor tool.

[Read More](#)

### Tasty Buffalo Cauliflower Bites



A balanced diet is a great way to maintain your health, which may help you avoid the need for costly care. And healthy diets don't have to be boring! Try these roasted cauliflower bites. They are an excellent choice for serving vegetables – with a kick!

[Watch the Video](#)

