

FINDING a DOCTOR for Non-Students

All Duke **Students'** basic health care needs are provided by the Duke Student Health Center. The annual Student Health Fee covers these services. Unfortunately, the Student Health Fee **DOES NOT** cover health care for a **student's or scholar's family**. **Health Care in the USA** is **very** expensive and quite different from other countries! The US has a pay-for-services system. This means that an individual is responsible for one's own health care costs. *Without insurance*, an office visit to see a doctor for a minor illness will cost around \$200; a normal pregnancy and delivery will cost at least \$20,000; an appendectomy with 2 nights in the hospital can cost at least \$25,000. – This is why you must purchase health insurance! Health Insurance is **required** for all J-1 and J-2 visa holders.

Health Insurance for Dependent Visa Holders

- **F-2 dependents:** Sign up for the Duke **Student** Health Insurance **Family** Plan.
- **J-2 dependents of students:** May sign up for a Duke **Student** Health Insurance **Family** Plan.
- **J-2 dependents of Duke employees:** May sign up for a Duke **Employee** Health Insurance Plan.
- **J-2 dependents of visitors who are not Duke employees:** See *Duke Visa Services* website for required enrollment details.
- **H-4 visa holder:** Sign up for a Duke **Employee** Health Insurance Plan.

Urgent Care

If you become ill (cold/flu) or have minor injuries (that are not life threatening), go to Urgent Care. You **do not need an appointment** for urgent care, although you can schedule one per phone or online. Visiting an Urgent Care facility costs much less than visiting the Emergency Room (ER), which might cost you at least \$2000 - \$3000. **DO NOT go to the Emergency Room unless you have a serious Emergency.**

What services do Urgent Care facilities provide?

They provide diagnosis, treatment and management of urgent medical conditions and minor trauma when a patient's primary care physician is unavailable. If you do not drive, you will have to take a taxi or ask a friend to drive you. See our handout **Taxis**.

Durham Locations:

- **Duke Urgent Care Croasdaile** (<https://www.dukehealth.org/locations/duke-urgent-care-croasdaile>): 1821 Hillandale Road, Suite 24-A, Durham, NC 27705. **919.328.3942**, Hours: daily 8am- 8pm (incl. weekends and holidays)
- **Duke Urgent Care South** (<https://www.dukehealth.org/locations/duke-urgent-care-south>): 5716 Fayetteville Road, Durham, NC 27713. **919.525.3869**, Hours: Daily 8am- 8pm

Chapel Hill Location:

- **FastMed Urgent Care of Chapel Hill** (<http://www.fastmed.com/locations/fastmed-locations-by-state/north-carolina/chapel-hill-nc>): 1407 East Franklin Street, Chapel Hill 27514. **919.913.0996**, Hours: Mon-Fr 8am–8pm | Saturday, Sunday, and Holidays: 8am–4pm

How to find a doctor for you or your family?

It may take several weeks or more to see a doctor for the first time. It is wise to schedule a basic checkup for you, your spouse and/or children with a doctor soon after you arrive to Durham.

- Call the Patient Referral Center at **800.633.3853**.
- Ask for Basic/General Check-up appointment. Tell them you are new to the country and don't have a primary care physician (doctor), yet. They will ask for your address and find a doctor who can take new patients.
- Basic checkups are not covered by HTH insurance.

Clinics affiliated with Duke University Medical Center (for both children and adults)

- **Duke Primary Care Timberlyne** 77 Vilcom Center Drive, off of Weaver Dairy Road in Chapel Hill, NC 27514. 919.942.8500

Minute Clinics located in Durham

MinuteClinic® walk-in medical clinics are staffed by nurse practitioners and physician assistants* who specialize in family health care. We care for children and adults, every day with no appointment needed.

Inside Target Store - <http://www.target.com/c/clinic/-/N-54x94>

4307 Durham Chapel Hill Blvd, Durham, NC 27707

Inside CVS Pharmacy - <http://www.cvs.com/minuteclinic/>

3573 Hillsborough Road, Durham, NC 27705

5311 Roxboro Road, Durham, NC 27712