



THE EMERGENCY ROOM ISN'T YOUR ONLY OPTION

IS IT URGENT OR AN EMERGENCY?

Your primary care doctor is usually the best place to start when you need care. After all, they know your story. But you have other options for non-emergency care — even in the middle of the night. Make a plan now, so you're prepared when you need to choose care in a hurry.

If your doctor's office is unavailable, or you don't have a regular doctor, visiting an urgent care center is your next best option in a non-emergency situation.

And remember, going to the emergency room (ER) or calling 9-1-1 is always best when it's an emergency.

Common Uses for Urgent Care & Emergency Room

Urgent Care

- Animal or insect bite
- Back Pain
- Cold, flu or sinus pain
- Sore throat
- Constipation
- Dehydration
- Ear Pain
- Fever over 101.5
- Rashes and minor burns
- Small cuts that may require stitches
- Sprains and strains

Emergency Room

- Broken bones and dislocated joints
- Crushing intense headache
- Head or eye injury
- Intense chest pains
- Open Wounds
- Seizures
- Severe burns or bleeding
- Shortness of breath
- Slurred speech
- Weakness or numbness on one side

Average potential savings per visit by using Urgent Care or a Primary Care Physician = \$1,117

Find Virtual Care, Primary Care, an Urgent Care Center, or an Emergency Room near you using:
www.Anthem.com or www.kp.org (CA Residents Only)