

IF IT'S NOT AN EMERGENCY, YOU MAY NOT NEED THE EMERGENCY ROOM



Knowing when to go to an Urgent Care Center instead of the Emergency Room (ER) can save you time and money

If you need medical attention but it's not too serious or life threatening, you may not have to go to an ER. An **urgent care center** provides quality care like an ER, but can save you hundreds of dollars. You can also get short wait times, extended hours and will be seen by an experienced doctor or nurse.

Considering where to go? Consider these savings:

\$176

Average urgent care center cost*

\$2,259

Average hospital ER cost*

Together, all the way.®



What's wrong?

Use this information to help you decide where to go.

Urgent Care Center (non-life-threatening)

- › Earaches and infections
- › Minor cuts, sprains and burns
- › Fever and flu symptoms
- › Cough, cold and sore throat
- › Animal bites
- › Mild asthma
- › Urinary tract infections
- › Headaches
- › Back and joint pain

Urgent care is not intended to be a substitute for a primary care provider (PCP). You should always consult your PCP for care and treatment recommendations. If you do not have a primary care physician, please access myCigna.com to find a primary care physician near you.

Emergency Room (life-threatening)

- › Sudden numbness or weakness
- › Disorientation or difficulty speaking
- › Sudden dizziness or loss of coordination
- › Seizure or loss of consciousness
- › Shortness of breath or severe asthma attack
- › Head injury/major trauma
- › Blurry or loss of vision
- › Severe cuts or burns
- › Heart attack, chest pain or chest pressure
- › Overdose
- › Uncontrolled bleeding
- › Coughing or vomiting blood
- › Severe allergic reactions



Need help deciding where to go? Call your doctor or for more information you can call the toll-free number on your Cigna ID card. If it's a medical emergency, go to the nearest hospital or call 911. Visit myCigna.com to find an urgent care center or primary care physician near you.



* Costs are based on Cigna internal analysis of national 2016 averages of participating facilities; actual cost may vary by location, facility, and the type or level of services received.

This information is for educational purposes only. It is not medical advice. You should consider all relevant factors and consult with your primary care provider when selecting a health care professional or facility for care. During a medical emergency, always go to the nearest hospital or call 911. Health care providers are independent contractors and solely responsible for any treatment provided. Providers are not agents of Cigna.

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