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.®

Cigna

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.