

double ouch

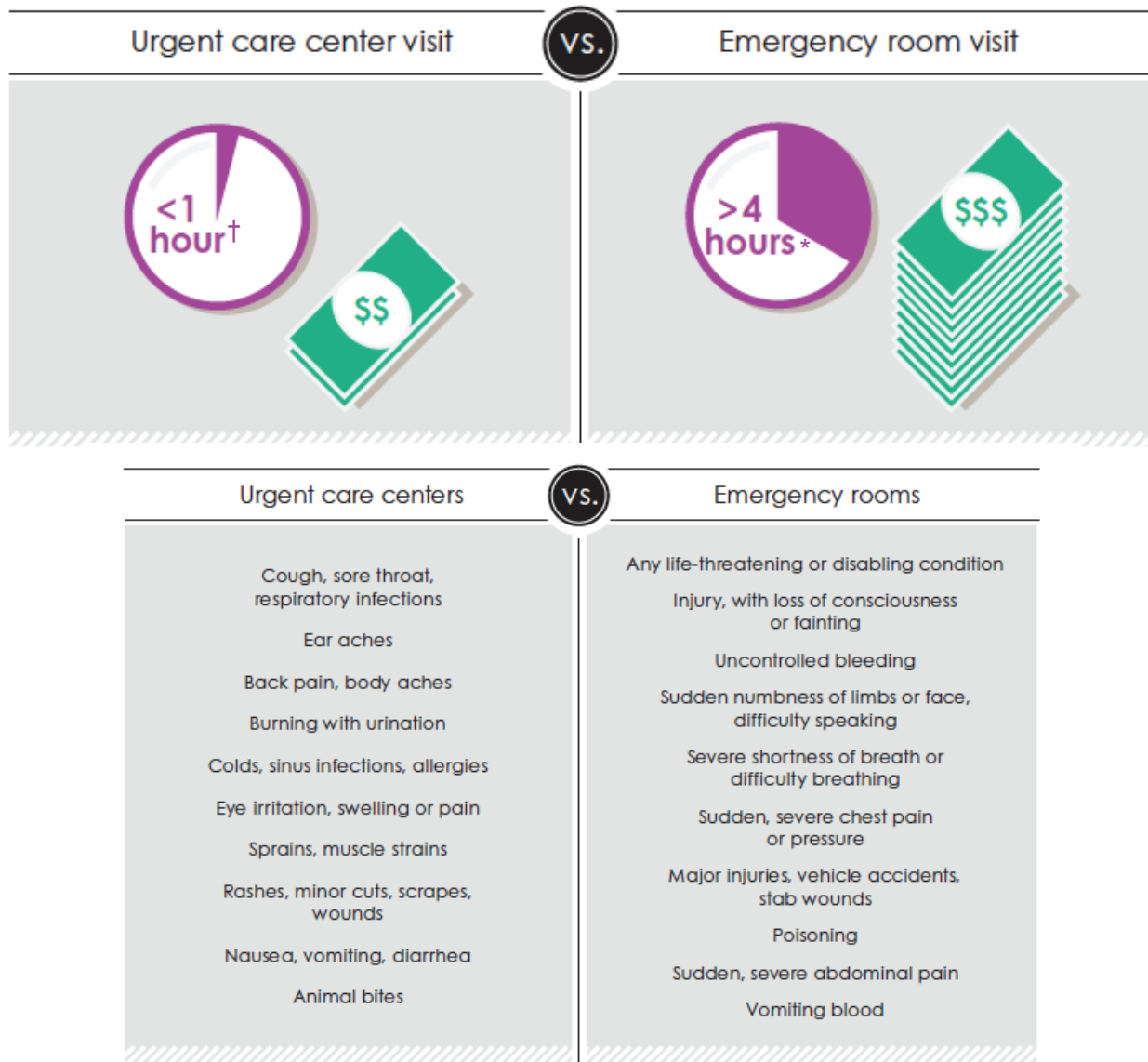
Don't add expense to injury with a trip to the ER.

Go to an urgent care center for non emergencies for care without the high expenses of emergency room services.

Your local urgent care center (UCC) offers much of the same basic medical services as your doctor's office, often with extended hours. Staffed with licensed physicians, they are usually equipped to handle X-rays, stitches, sprains, and infections. They accept walk-in appointments, and typically have shorter wait times than the emergency room (ER).

If you have a HMO plan contact your PCP's office for a list of UCCs that are covered and if you are on a PPO plan to go to the insurance company website to verify what UCCs are part of your PPO network.

If you feel you are experiencing an emergency, call 911 immediately or go to the nearest ER.



* 2010 Emergency Department Pulse Report from American College of Emergency Physicians and Press Ganey.

† Johns Hopkins Medicine Health Alerts (posted November 18, 2009 and reviewed January 2011), Urgent Care or the ER – Which is the Right Choice? Retrieved May 31, 2011, http://www.johnshopkinshealthalerts.com/alerts/healthy_living/JohnsHopkinsHealthyLivingHealthAlert_3247-1.html.