

# The ER or Urgent Care?

## Know where to go, when

When you need medical care right away and your doctor's not available, it's good to know you have options. But, how do you know when it's best to go to an emergency room (ER) versus an urgent care clinic?

### **THE ER** For true medical emergencies


While an ER may be your first thought, it may not be your best choice. Visits to the ER can be costly and time-consuming. They should be reserved for life-threatening emergencies, such as:

- ▶ Serious accidents
- ▶ Uncontrollable bleeding
- ▶ Broken bones
- ▶ Symptoms of a heart attack or stroke
- ▶ Severe shortness of breath or dizziness
- ▶ Coughing up blood
- ▶ Suicidal feelings


### **URGENT CARE** For non-life-threatening problems

For medical problems that aren't medical emergencies, you may be better off going to an urgent care clinic. You'll receive quality care in a fraction of the time—at a fraction of the cost. Consider urgent care for:

- ▶ Cuts or wounds where bleeding is controlled
- ▶ Strains, sprains or bruises
- ▶ Asthma attacks
- ▶ Infections
- ▶ Flu-like symptoms
- ▶ Stomach pains or diarrhea
- ▶ Rashes, insect bites or sunburn



**URGENT CARE:**  
Quality care in a fraction  
of the time—at a fraction  
of the cost.



**Regence**  
*your health, connected.<sup>SM</sup>*