

# Know your options for immediate care

## Skip the ER unless it's a true emergency

Using the Emergency Room (ER) when it's not a true emergency costs more and usually takes longer. So does going out of network for care. Get to know the walk-in clinics and urgent care centers that are near you and in the network, so you're prepared the next time you need to see a doctor in a hurry.

### **\$ Telemedicine** **new**

**Available 24/7/365**

Consult with a doctor without leaving home or work. Telemedicine is not designed to replace your PCP, but can treat non-emergency medical issues when you don't have time to see your own doctor.

### **\$ Walk-In Clinic**

**Often located within a retail pharmacy**

Walk-in clinics handle minor issues when you can't get to see your own doctor.

### **\$\$ Urgent Care Center**

**Over 7,000 centers across the U.S.**

Urgent care centers treat more serious issues, like the flu, sprains, fractures and minor cuts that need stitches.

### **\$\$\$\$ ER or Freestanding ER**

**Your most expensive care option**

The ER should only be used for life-threatening issues that could cause death or permanent impairment. The more people use the ER for non-emergency care, the more it costs everyone — including you. Skip the ER unless it's a true emergency!

## Find the network facilities near you:

**Aetna** members, click [here](#).

**Cigna** members, click [here](#).