



# SAVE MONEY BY SAVING THE ER FOR EMERGENCIES

**If you feel your health is in serious jeopardy, always call 911 or head to the ER right away. But for minor illnesses and injuries, you could save hours of time and hundreds—or thousands—of dollars by choosing other options.**

## **Primary Care Provider (PCP)**

*Typically open weekdays, sometimes nights and weekends*

Your PCP should be the first person you call when you feel sick and it's not an emergency.

## **BCBSRI Doctors Online**

*Available 24/7*

Video chat with a doctor about common, non-emergency issues such as colds, sore throats, and sinus pain.

## **Urgent Care Center**

*Usually open daily, including evenings*

These centers treat conditions that are serious but not life-threatening.

**Remember, in case of an emergency, call 911 or head straight to the emergency room.**

**Learn more about your options for getting healthcare.**

[rhodeahead.com/careoptions](http://rhodeahead.com/careoptions)