



KNOW WHERE TO GO





Make sure you know where to go in any situation.

It's important to understand your options when seeking medical care. Non-emergency care for a condition that is not life threatening is generally provided by your physician. Even after-hours care is generally coordinated by your physician who can instruct you on how to receive medical care outside of normal business hours, on weekends and on holidays. If you are in severe pain or your condition is life threatening, you can receive emergency care by calling 911 or visiting an emergency room.



PRIMARY CARE PHYSICIAN

Go to your Primary Care Physician to help manage total care and to seek treatment for **non-life threatening** conditions.

Examples include:

- Annual Wellness Visit
- Cold/flu symptoms
- Diabetes management
- Fever
- High blood pressure
- Minor sprains
- Skin rash
- Stomach ache



URGENT CARE

Go to an Urgent Care facility **after hours** or when your Primary Care Physician is otherwise **unavailable**.

Examples include:

- Bladder infection
- Body aches
- Ear infection
- Excessive vomiting
- Headache
- Minor burns
- Pink eye
- Sore throat



EMERGENCY ROOM

Go to the ER immediately for **severe** and **life-threatening** conditions.

Examples include:

- Broken bones
- Chest pain
- Head/neck injury
- Loss of consciousness
- Serious burns
- Symptoms of stroke
- Uncontrolled bleeding
- Vomiting blood

**If poison is ingested, call the
Poison Control Center immediately:
1-800-222-1222 Alabama
1-800-292-6678 Nationwide**

**Help keep ERs available for people who need
life-saving treatment.** You'll save both time and
money by knowing where to go for the right care.

This information is not a substitute for your healthcare provider's judgment, but is meant only to remind you of ways to better manage your health. Please refer to your benefits manual for coverage information.



We cover what matters.

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