

# OUCH!

## How bad is it?

Knowing where to go could save you time and money.

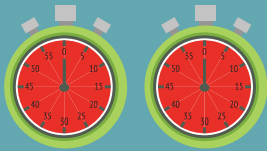
**AVERAGE TIME IN AN URGENT CARE CENTER:**

**30 minutes**



**AVERAGE WAIT TIME IN THE ER:**

**2 hours and 15 minutes**



**UP TO**

**65%**

**OF ER VISITS COULD HAVE BEEN HANDLED AT AN URGENT CARE FACILITY ... SAVING TIME AND MONEY.**



**AVERAGE URGENT CARE CENTER COPAY:**

**\$50**



**AVERAGE ER VISIT:**

**\$1,354**



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- Cold or flu-like symptoms? **Urgent care** or **virtual visit**.
- Pinkeye? **Urgent care** or **virtual visit**.
- Head injury? **ER**
- Signs of a heart attack? **ER**
- Sprain, strain or back pain? **Urgent care** or **virtual visit**.
- Cuts, wounds or controlled bleeding? **Urgent care**.
- Signs of a stroke? **ER**
- Got a severe burn? **ER**
- Low-grade fever? **Urgent care** or **virtual visit**.
- Routine care? **See your doctor**.

Doctor's Office

Urgent Care

Emergency Room

Virtual Visit

Emergency rooms can cost thousands of dollars,  
but you can often save money and time with an urgent care or virtual visit.

For additional resources or to find a doctor in your area, log in to your health plan's website.