

# SAVE THE ER FOR EMERGENCIES



## GET THE CARE YOU NEED...AND SAVE TIME AND MONEY.

Go to urgent care centers, retail clinics or your primary care physician instead of the emergency room (ER) for minor accidents like burns, cuts, sprains and strains or common medical problems like the flu, colds, earaches, allergic reactions and infections. You can save up to four to five times the cost, plus save time from sitting in the ER.

You can save big when you seek treatment in the most appropriate setting. You'll still get outstanding care from qualified medical professionals. Know how your plan works, what it covers, and what expenses to expect, so you can take full advantage of your covered health care benefits and select the most appropriate care providers.



### FIND AN URGENT CARE CENTER OR RETAIL CLINIC NEAR YOU.

- Log on to your member website at **[www.highmarkbcbs.com](http://www.highmarkbcbs.com)**.
- Select the **FIND A DOCTOR** tool, choose **Medical** and click on the dropdown box to choose **URGENT CARE CENTER & RETAIL CLINIC**.
- Enter your **ADDRESS** or **ZIP CODE** and **LOCATION PREFERENCE**, within a 100-mile distance.
- Click **SUBMIT** to conduct or refine your search.
- You can also enter the name of an **URGENT CARE CENTER** or **RETAIL CLINIC** to see if it is a network facility.

### What is a Retail Clinic?

A retail clinic is a small retail-based facility that provides basic and preventive health care services seven days a week, including evenings and weekends. Retail clinics are usually located in drug stores and staffed by certified registered nurse practitioners who diagnose and treat common health problems, such as colds, the flu or poison ivy.

### What is an Urgent Care Center?

An urgent care center is a freestanding full-service, walk-in health care clinic that is accessible 12 hours a day, Monday through Friday and eight hours each on Saturday and Sunday with no appointment required. Urgent care centers generally provide the same services as a family or primary care physician, such as treatment of minor illnesses, sprains and other injuries, physicals and immunizations, as well as some testing services, like x-rays and blood tests.

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