Save the Emergency Room (ER) for Emergencies

Emergency Room
ER copay = $100 (waived if admitted)

Doctor's Office
PCP copay = $0

I have chest pain

It's hard to breathe

I keep fainting

I have a headache

I have a sore throat

I have a bad cold

I need a flu shot

I ran out of medication
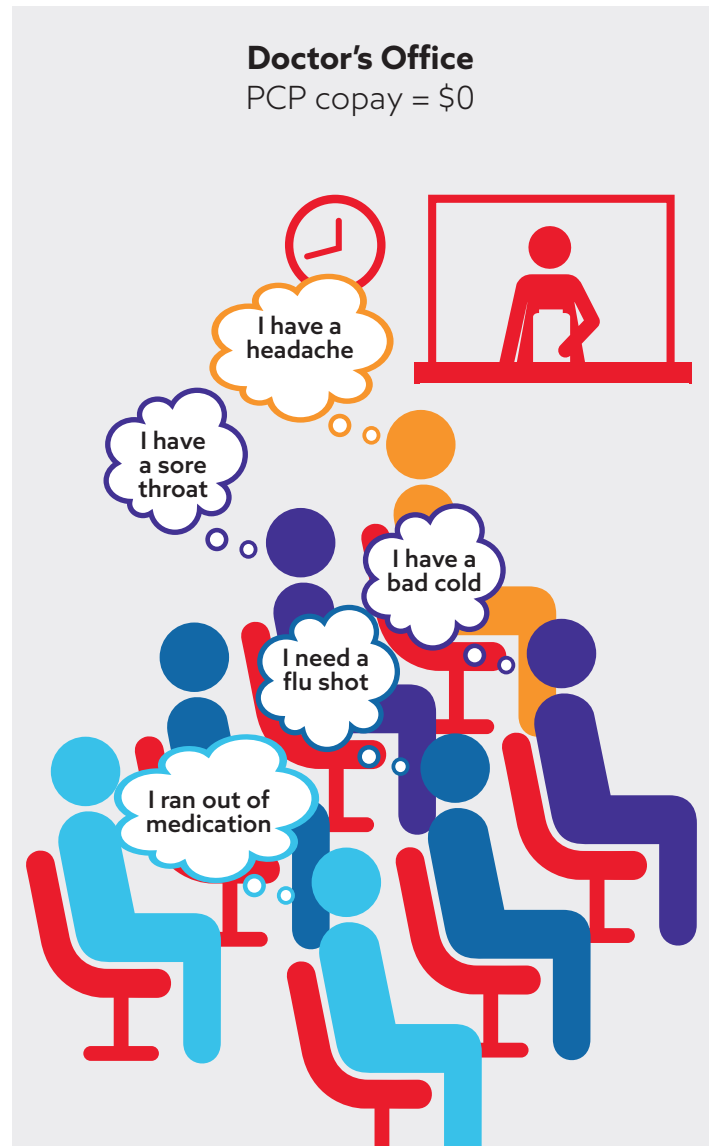
If it's not an emergency, you should call your Primary Care Provider (PCP). You could save a $100 co-pay by going to your PCP instead of the ER.

Your PCP can help you decide where to go for the care you need.

Call **911** or go to your nearest hospital emergency room if you think you have a medical condition which could endanger life or limb if it is not treated immediately.

Is It an Emergency?

Yes
Go to the closest ER or call 911 for:

Difficulty breathing

Fainting

Chest pain or pressure

Uncontrolled bleeding

Coughing/ vomiting blood

Poisioning

Sudden severe pain

Major injuries such as broken bones

Sudden facial drooping or weakness in an arm or leg

ER copay = $100 (waived if admitted)

No
Call your PCP for:

AchOO...

Cold or flu

Sore throat

Minor cuts

Earache

Don't use the ER during normal physician office hours for nonemergencies that can be treated by your PCP.

Can't get to your PCP?

Urgent Care
Medical care for an unexpected illness or injury that is not life threatening but cannot wait until you see your PCP.

PCP copay = $0

Emergency services are for sudden and serious injuries or illness

Your Primary Care Provider (PCP) can help you and your family get the care you need

You　　**Your PCP**　　**Referral**　　**Specialist**

A PCP helps you take care of your health and will help you get the care you need, when you need it the most.
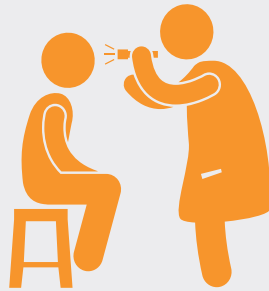
Your PCP will provide most of your routine health care like physical exams, immunizations, preventive care, well-baby visits and more. And if you need to see a specialist, your PCP will process a referral for you to see someone in the Select Network who can help you best.

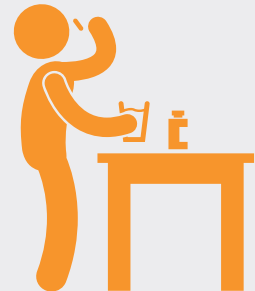# Why is a PCP important to me?

My PCP...

Gives me my flu shot

Helps me control my diabetes

Wraps up my sprained ankle

Gives me medicine for my flu

Makes sure my baby is healthy

Cares about me

Remembers me every time I see them

Sends me to the best specialists in the Select Network to get the care I need

Your primary care provider (PCP) puts your health first

That's why it's important to go to your PCP for routine and non-emergency care.
Your PCP can get you the care you need to help you get and stay healthy!