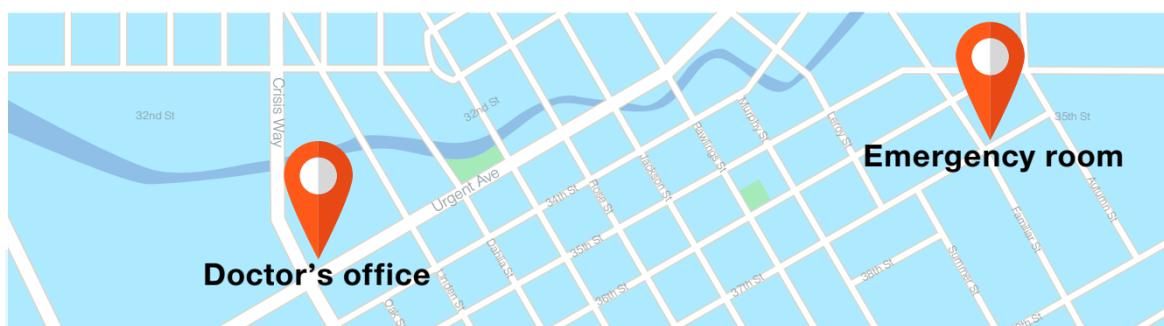


The ER: It's not your only option

The reviews are in: Emergency rooms (ERs) are lifesavers. But when it's not an emergency, the ER may not be as convenient as it sounds.

Comparing your care options could save you time, money and frustration.



My doctor's office

See your primary doctor whenever possible. It's the place to go for:

- Preventive care
- Minor illnesses and injuries
- General health needs
- Immunizations

Your doctor has easy access to your records, knows your health history and may even offer same-day appointments. Plus, your share of the cost for services may be lower.

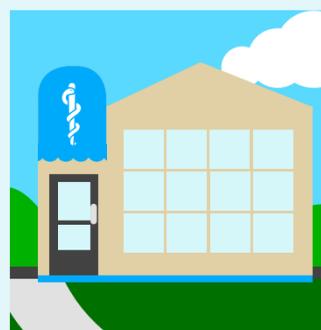
Reviews:



"I love the friendly staff! They helped me decide whether my asthma flare-up was worth a visit to urgent care — and fit me in for a follow-up later that week."



"My doctor knows me so well! He remembered what we talked about at my last visit — and checked in on my progress."



If it's an emergency, call 911 — or go to the ER.

Otherwise, save yourself the time and money. Choose your primary doctor for everyday convenience.

Emergency room

Average cost: \$1,700*

The place to go for serious immediate needs, such as:

- Chest pain
- Trouble breathing
- Stroke
- Heavy bleeding
- Seizures

Your share of the cost for services may be higher.

Reviews:



"The ER saved my mom's life when she had a heart attack!"



"Waited for hours at the ER with a sprained ankle. Wish I'd tried urgent care instead."



"I had to follow up with my primary doctor anyway — and ended up paying both copays. Ugh."



More options:

- 24/7 nurse line | **Average cost: \$0***
- Convenience care clinic | **Average cost: \$65***
- Urgent care center | **Average cost: \$190***

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your options
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*Source: Average allowed amounts charged by UnitedHealthcare Network Providers and not tied to a specific condition or treatment. Actual payments may vary depending upon benefit coverage (estimated \$1,500 difference between the average emergency room visit and the average urgent care visit).

The information and estimates provided are for general informational and illustrative purposes only and are not intended to be a guarantee of savings nor should be construed as medical advice or a substitute for your doctor's care. You should consult with an appropriate health care professional to determine what may be right for you. Check your official health plan documents to see what services and providers are covered by your health plan.

Virtual Visits are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual Visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times or in all locations. In an emergency, call 911 or go to the nearest emergency room. Recommendations should not be considered medical advice or a substitute for your doctor's care. You should consult with an appropriate health care professional to determine what may be right for you.

If you have a UnitedHealthcare SignatureValue® HMO plan, convenience care clinics are not in-network and you may be responsible for the cost of services provided. Please visit myuhc.com to search for contracted providers in your plan network.

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