

Always call 911 or go to the ER if you think you could put your health at serious risk by delaying care.

# Which is better for bumps, cuts and scrapes?

Emergency room (ER) vs Urgent care/retail health clinic



**Emergency room**



When you have minor wounds or bruises, where should you go?



**Urgent care/retail health clinic**

**\$150-\$200**

Average cost<sup>1</sup> for common conditions

**\$20-\$75**



**You pay:**

- Any copay
- Any additional deductible or coinsurance that may apply



**You save up to**

**\$180**

**2 hours & 15min.<sup>2</sup>**



Average visit time

**1 hour<sup>3</sup>**



**You save over 1 hour**



Enough time to go to the gym

**Need to find care nearby?**



**Online:** Go to [anthem.com](http://anthem.com) and choose **Find a doctor**. Follow the steps to search for a doctor or health care provider in your plan.



**By phone:** Call the Member Services number on your ID card for help finding providers in your plan.

<sup>1</sup> Refers to average health plan copays, not the cost for the condition listed. For many members, deductibles and coinsurance may apply.

<sup>2</sup> American College of Emergency Physicians website: *ER Wait Times, Crowding & Access Fact Sheet* (accessed July 2017): [newsroom.acep.org/index.php?s=20301&item=29937](http://newsroom.acep.org/index.php?s=20301&item=29937).

<sup>3</sup> Urgent Care Association of America website: *2016 Benchmarking Report* (accessed July 2017): <http://c.ymdn.com/sites/www.ucaoa.org/resource/resmgr/benchmarking/2016BenchmarkReport.pdf>.

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