

When Is an Emergency Not an Emergency?

You or a loved one is in pain. How do you know how sick you are? Should you rush to the hospital emergency room? That could cost you \$250 or more! Should you wait to see your primary care doctor? The chart below should help you decide what's best for your ailment and your pocketbook.

Health Issue	Primary Care Doctor Out-of-pocket cost: \$	Urgent Care Out-of-pocket cost: \$\$	Emergency Room Out-of-pocket cost: \$\$\$
Routine physical, vaccinations	✓	✗	✗
Mild asthma	✓	✓	✗
Sprain, strain or back pain	✓	✓	✗
Needs immediate attention, but is not life-threatening	✓	✓	✗
Cuts or wounds, controlled bleeding	✓	✓	✗
Uncontrolled bleeding	✗	✗	✓
Head or eye injuries	✗	✗	✓
Signs of a heart attack, such as chest pains	✗	✗	✓
Signs of stroke: numbness of face, arm and/or leg on one side of the body	✗	✗	✓
Life-threatening injury or symptom	✗	✗	✓

You can also use Blue CareOnDemandSM to visit with a doctor wherever you are via smartphone, tablet or computer. Each Blue CareOnDemand visit costs the same amount as an office visit with your primary care doctor.



Focus on life. Focus on health. *Stay focused.*

