



Where Should You Go When You're Hurt?

When you or a loved one is sick or injured, you want relief fast. But that doesn't necessarily mean the ER. Emergency room visits can cost thousands of dollars. And the average wait to be seen is more than two hours. So the big question is, "How bad is it?"

How Bad Is It?

Check out [this flyer](#) to help you determine when to go to the ER, an urgent care facility or your primary care doctor.

Blue CareOnDemandSM

What if your problem is not life-threatening and there is no risk of disability, but you can't wait to see your primary care physician? Consider using [Blue CareOnDemand](#) to visit a doctor anytime, anywhere via your smartphone or computer. Doctors will diagnose and write prescriptions as appropriate.

Blue CareOnDemand doctors can treat these types of conditions:

- Cold and flu symptoms
- Sinus infections
- Pinkeye
- Ear infections
- Bronchitis and other respiratory infections
- Migraines
- Rashes and other skin irritations
- Urinary tract infections
- Allergies

Mental health and breastfeeding support services are also available through Blue CareOnDemand.

Check out [this flyer](#) to learn more about Blue CareOnDemand.

Knowing where to go can save you time and money.

