



October 2008 Tip of the Month

A Tip from *The Benefits Expert*

Did you know...

Visiting an Urgent Care Center instead of an Emergency Room can save you time and money?

You're doing repairs around the house and suddenly get a deep cut that requires stitches. Your doctor's office is closed. What should you do? If you said go to the ER, you may wish to think again about your options. An urgent care center may be a better choice. Urgent care centers are staffed with qualified doctors and nurses who can handle medical problems ranging from cuts, colds, flu, minor fractures, burns and infections to animal bites, minor allergic reactions, sprains, strains, immunizations and more. If you discover you need a medication refill, an urgent care doctor can order refills in most cases. Urgent care centers provide services on a walk-in basis without an appointment and many are open later in the evenings and on weekends.

Click on the links below to locate an Urgent Care Center for your Medical Insurance Plan:

- [Blue Cross Blue Shield](#) - click "Urgent Care Centers/Clinics" and enter your zip code
- [AvMed](#) - click on "Choice", "AvMed Choice", accept the disclaimer, search "Urgent Care"
- [United Healthcare](#) – click on "Search for a Hospital or other Facility", select "Urgent Care", select "United Healthcare Choice", enter zip code, select "Urgent Care Center" at the bottom