

Compare quick care options to help keep costs down.

Call 911 or go to an emergency room (ER) if you have a life-threatening condition. For everything else, see your primary care physician (PCP) or family doctor first. If seeing your PCP isn't possible, it's important to know your quick care options, especially before heading to an ER.

Getting care at the best place for your condition could **save you up to \$1,900 compared to an ER visit.** For more details on quick care options, visit Check. Choose. Go.[®] at uhc.com/checkchoosego.

| Quick Care Options | START HERE | | | |
|---|---|--|---|---|
| |  PCP Care from the doctor who knows you best. |  Convenience Care Basic conditions that aren't life-threatening. |  Urgent Care Serious conditions that aren't life-threatening. |  Emergency Room Life- and limb-threatening emergencies. |
| Average Cost* | Varies by plan type | \$95 | \$180 | \$2,100 |
| Hours | Varies by location | Varies by location | Varies by location — may be open nights/weekends | 24/7 |
| How to Connect | Contact your PCP | myuhc.com [®] | myuhc.com | myuhc.com |
| ✓ indicates the recommended place for care for the following common conditions: | | | | |
| Broken bone | | | ✓ | ✓ |
| Chest pain | | | | ✓ |
| Cough | ✓ | ✓ | | |
| Fever | ✓ | ✓ | | |
| Muscle strain | ✓ | ✓ | | |
| Pinkeye | ✓ | ✓ | | |
| Shortness of breath | | | | ✓ |
| Sinus problems | ✓ | ✓ | | |
| Sore throat | ✓ | ✓ | | |
| Sprain | ✓ | ✓ | ✓ | |
| Urinary tract infection | ✓ | ✓ | | |



Need to find a network provider or PCP? Visiting an out-of-network provider could end up costing you more for care. To find a PCP, urgent care centers and emergency rooms in your network, go to myuhc.com.

Not sure where to go for care? Call the number on your health plan ID card.

CONTINUED



Learn more about quick care options at [uhc.com/checkchoosego](https://www.uhc.com/checkchoosego).



*Source 2018: 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 \$1,900.00 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 is not intended to be 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. In an emergency, call 911 or go to the nearest emergency room.

Check your official health plan documents to see what services and providers are covered by your health plan.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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