

# Knowing when to use Urgent Care

CHS

Illnesses and accidents don't confine themselves to doctors' office hours.

For those times when you require prompt medical care that is not an emergency and can't get in to see your regular physician, you have another alternative: urgent care centers. These walk-in health care facilities don't require an appointment and are generally equipped to provide services such as X-rays and lab tests. Many have on-site pharmacies and procedure rooms for care of minor lacerations and fractures.

An urgent care center may be appropriate for conditions that aren't emergencies such as:

- Allergies
- Bronchitis
- Colds and flu
- Ear infections
- Minor burns
- Minor cuts
- Sore throat
- Sprains
- Strains
- Upper respiratory illness
- Upset stomach
- Other common non-life threatening illnesses



## Why consider using an urgent care center?

Urgent care centers, when appropriate, may reduce wait time and out-of-pocket costs when you use a contracted center, compared to an emergency room visit.

In an emergency, call 911, or go to the nearest emergency room.

For a map of some of the Blue Cross Blue Shield of Arizona contracted urgent care centers in Arizona, see reverse side.

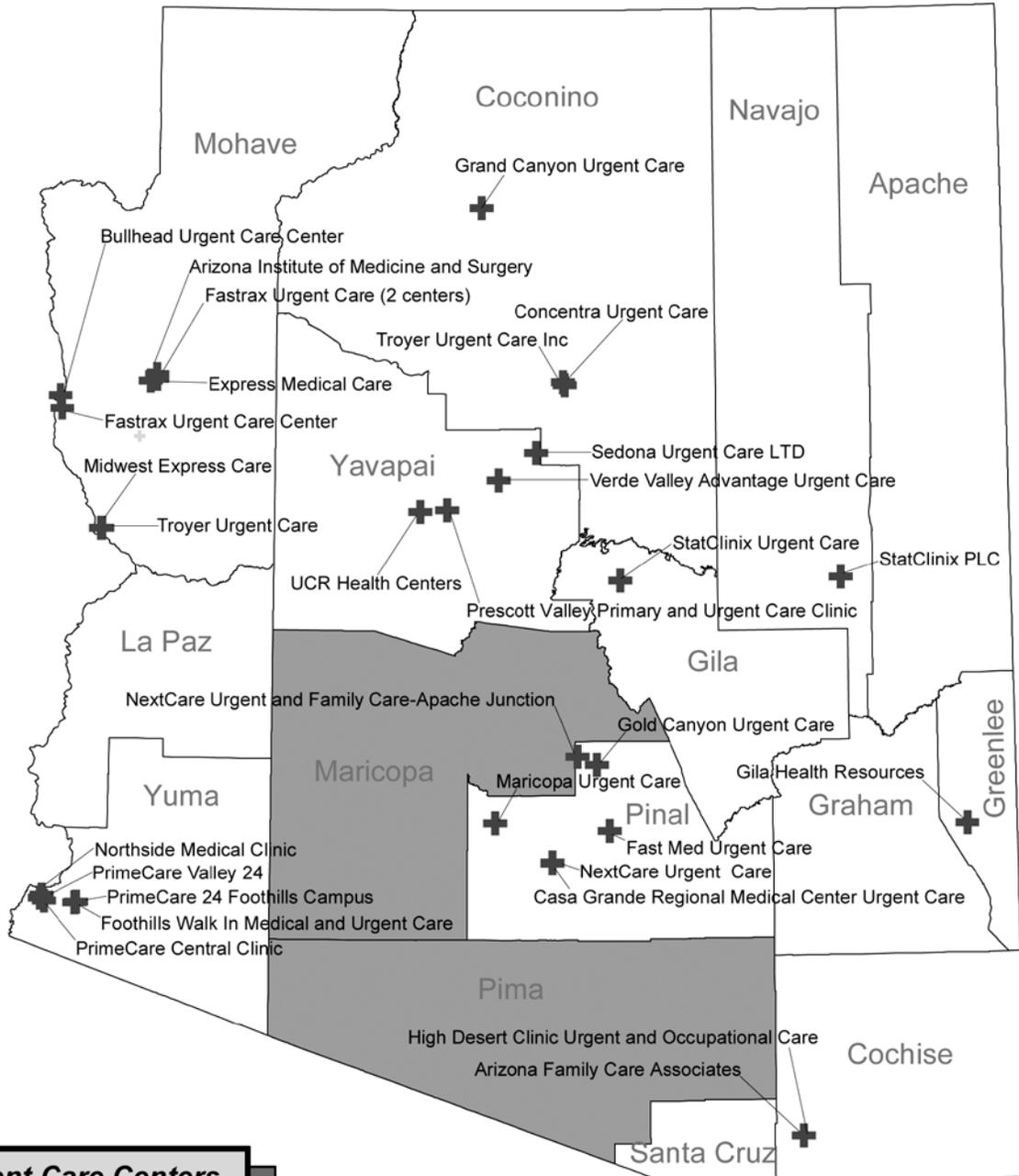
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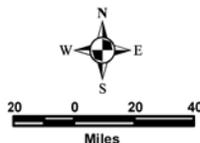


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## Urgent Care Centers — Rural Arizona January 2012



**Urgent Care Centers**  
**30 Locations**



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