

# VitaMin



## Vital health information in a minute

### RIGHT TIME, RIGHT PLACE

## Where to go when you need quick care

**Sprained ankle over the weekend? Fever late at night? If it's not an emergency, take a moment to review your options. Choosing the right place for your care can help you get the level of medical care you need. Plus, it can save you time and money.**

### Get to know your options

Check your health plan to compare the costs of different types of visits and locations included in your plan's network. Find out the office hours for urgent care and walk-in clinics. Now you're prepared to make a smart choice the next time you need care.

#### ER

*Open 24/7*

If a situation seems life threatening, call 911 or go to the nearest ER. Trust your instincts when choosing if you or a loved one needs immediate medical care.

Some symptoms that generally signal an emergency:

- › Sudden numbness, weakness
- › Uncontrolled bleeding
- › Seizure or loss of consciousness
- › Chest pain or shortness of breath
- › Head injury/major trauma
- › Blurry vision or loss of vision
- › Severe cuts or burns
- › Poisoning or suspected overdose
- › Severe allergic reactions

#### Urgent care center

*Typically open extended hours (nights and weekends)*

For a minor mishap that requires medical care but isn't life threatening, consider visiting an urgent care clinic.

Examples of conditions treated:

- › Minor cuts, sprains, burns and rashes
- › Fever and flu symptoms
- › Vomiting, diarrhea and stomach pain
- › Urinary tract infections

#### Doctor's office

*Regular clinic hours*

Your doctor's office is the best place to go for routine or preventive care. For chronic health problems, such as low back pain or headaches, see your doctor so he or she can manage your care and/or direct you to a specialist for further treatment.

Examples of health care services offered:

- › General health issues
- › Preventive care, , vaccines and screenings
- › Referrals to specialty care

#### Convenience care clinic

*Typically open extended hours (nights and weekends)*

Convenience care clinics are located in retail stores and pharmacies. No appointments necessary.

Examples of conditions treated:

- › Common cold/flu, sore throat or earache
- › Rashes or skin conditions
- › Vaccines

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.



**Together, all the way.®**

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Health Management, Inc., Cigna Behavioral Health, Inc., vielife Limited, and HMO or service company subsidiaries of Cigna Health Corporation and Cigna Dental Health, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All models are used for illustrative purposes only.