The ER isn't your only option

Find the right place to go when you need to see a doctor quickly

Your primary care doctor is usually the best place to start when you need care. After all, they know your story. But you have other options for non-emergency care — even in the middle of the night. Make a plan now, so you're prepared when you need to choose care in a hurry. **And remember, going to the emergency room (ER) or calling 9-1-1 is always best when it's an emergency.**

Where to go	What can be treated	Hours	Your cost[1]
Have a video visit with a doctor on LiveHealth Online	Flu and cold symptoms, allergies, pink eye and sinus infections, even if a prescription is needed[2]	24/7 from your smartphone, tablet or computer with a webcam Just register at **livehealthonline.com** or download the **LiveHealth Online** mobile app.	$0
Call your doctor's office	Flu and cold symptoms, allergies, chronic health conditions and preventive care like your annual physical	Hours vary, usually best by appointment	$$
Visit a retail health clinic	Flu and cold symptoms, rashes, minor allergic reactions, pink eye, urinary tract infections and minor cuts and burns	Most can see you nights and weekends, and accept walk-ins	$$
Go to an urgent care center	Back and joint injuries, flu and cold symptoms, sprains, strains and cuts or when you need X-rays	Usually open extended hours (nights and weekends)	$$$

1 Costs are ranked according to the member's estimated out-of-pocket costs and average health plan copays. $ = lower cost and $$$ = higher cost. Care outside of your plan may cost more out of pocket. Call the Member Services number on your ID card if you have questions about your plan.

2 Prescription availability is defined by physician judgment.

Finding care is easy.

Log in at **anthem.com** or download the **Sydney** app today. It's easy and fast to find doctors, retail health clinics and urgent care centers in your plan and compare costs.

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