

# MANAGING YOUR HEALTH



## NEED MEDICAL CARE AFTER HOURS?

### You have options!

If you encounter a medical problem in the evening or on the weekend, you want to make the best decisions about getting the necessary care. And depending on your benefit plan, where you choose to get that care can come with significant costs to you.

Clearly, any medical emergency – a sudden problem that is serious or life-threatening – requires emergency room (ER) care. But what about less serious medical problems that occur after hours, like fevers, earaches, colds, sore throats, rashes, sprains, or headaches?

The ER may not be your best choice for these problems. The ER staff will screen you when you arrive, and if your problem is not an emergency requiring immediate care, you may have to wait several hours to be seen and treated. If your benefit plan has copayments or deductibles, you may also be in for an unpleasant surprise when the bill arrives. ER care can be very expensive.

So, what are your options if you have a common illness or a minor injury after hours or on the weekend?

- **Call your doctor for advice!**  
All doctors have on-call coverage. You may only need reassurance from your doctor and information about self-treatment. Also, many doctors' offices now have evening and weekend hours.
- **MinuteClinics** – These facilities participate with ConnectiCare, and are located in selected CVS pharmacies. They're open seven days a week and do not require an appointment. You'll be seen by a licensed Nurse Practitioner or Physician Assistant trained to diagnose and treat routine medical problems. Check our participating provider directory (in print or at [www.connecticare.com](http://www.connecticare.com)) for locations near you.
- **Urgent Care or Walk-In Centers** – ConnectiCare's participating provider network includes nearly 70 of these facilities throughout Connecticut and western Massachusetts. Urgent Care Centers and Walk-In Centers are free-standing facilities designed to deal with all kinds of health care problems. They typically have evening and weekend hours, and no appointment is needed.

Copayments for visits to these facilities are less than those for ER visits. Check our participating provider directory (in print or at [www.connecticare.com](http://www.connecticare.com)) for locations near you.

The bottom line: Get to an emergency room for a medical emergency. But when you need care that is not an emergency, the after-hours options listed above offer quality care with much less hassle and cost to you.

