



Be  
Blue &  
Gold!

# Urgent Care

## Quick, Affordable, Quality Care for Life's Curveballs

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*A healthy tip brought to you by Health Net of California, Inc.  
(Health Net) Blue & Gold*

When you need health care right away, knowing your best option could save you time, worry and money. Just like it does for Alex.

Your dedicated  
Health Net team is here  
for you. Call us at  
**1-800-539-4072.**  
Or, send an email to  
**askBlue&Gold@**  
**healthnet.com.**

Alex is doing yard work when he rolls his ankle. In minutes, his ankle is swollen and painful.

Alex needs care right away. His doctor isn't in on Saturdays. He figures he'll have to go to the emergency room (ER). Then his neighbor tells him about urgent care.

Alex chooses urgent care. It's the right choice in this situation because:

- **He'll wait less.** The average wait time at a California emergency room can be over four hours!<sup>1</sup>
- **It costs less.** With Health Net Blue & Gold HMO, Alex's copayment is lower for urgent care than an ER.
- **He'll get the care he needs.** Urgent care is the place you go for minor accidents and things like earaches, bad colds, sinus infections, neck or back pain, etc.



When life throws you a medical curveball, it's important to know your options. When you choose urgent care for non-emergency treatment, you can benefit just like Alex.

**In an emergency, always call 911 immediately or go to the nearest ER.**

**Tip!** Find the nearest urgent care center in the Blue & Gold HMO network using ProviderSearch at [www.healthnet.com/uc](http://www.healthnet.com/uc). Add the info as a contact in your phone so you'll have it when you need it.

<sup>1</sup><http://www.hillphysicians.com/services/pages/urgent-care-v-ER.aspx>

This information is intended for educational purposes only and should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health.

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