

# Living Well Tip of the Week



**75% of all visits to the hospital ER are non-emergencies** (*bhgh.org*)

## When should I go to the Urgent Care Center?

*For injuries or illnesses that are not life-threatening but need immediate attention. Typical complaints appropriate for urgent care include:*

- Upper respiratory infections
- Coughs & congestion
- Diarrhea
- Sore throats
- Insect bites
- Rashes
- Minor lacerations
- Sprains, strains or contusions
- Mild to moderate asthma attacks
- Ear infections
- Urinary tract infections

## When should I go to the Emergency Room?

*If you are experiencing a life-threatening illness or injury, call 911\* to get professional help immediately. Examples of life threatening symptoms include:*

- Severe bleeding
- Difficulty breathing
- Chest pain or pressure
- Broken bones
- Partial or total amputation of a limb
- Trauma or injury to the head
- Sudden dizziness or difficulty seeing
- Severe abdominal pain

**For non-emergencies, you can also call your 24/7 nurse line at 1-888-315-9473 or visit our Living Well Health Manager powered by WebMD private website to access the “Symptom Checker” at [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut)**

\*Living Well Health Manager powered by WebMD Program available to UT SELECT members- Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.