



NATIONAL ASSOCIATION OF LETTER CARRIERS
HEALTH BENEFIT PLAN
 20547 Waverly Court, Ashburn, Virginia 20149



Is it an
 emergency?
 Know before
 you go.



*Costs are based on FY2022 data, top diagnosis in urgent care, with outliers removed (i.e., chemo, ambulance, etc.). Actual cost may vary by location, facility, and the type or level of services received.

This information is for educational purposes only. It is not medical advice. You should consider all relevant factors and consult with your primary care provider when selecting a health care professional or facility for care. During a medical emergency, always go to the nearest hospital or call 911. Health care providers are independent contractors and solely responsible for any treatment provided. Providers are not agents of Cigna Healthcare.

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Visiting an Urgent Care Center for non-emergency treatment can save you time and stress.

An **urgent care center** provides quality care like an Emergency Room (ER). You can also get short wait times, extended hours and will be seen by an experienced doctor or nurse.

Unsure where to go for care? Use this information to help you decide.

Emergency Room

Life-threatening emergencies such as severe bodily injury, sudden loss of consciousness, chest pain or difficulty breathing.



OR

Urgent Care

Common conditions such as minor cuts, sprains, the flu and earaches.



 When in doubt, call 911.

Emergency Room (life-threatening)

- Sudden numbness or weakness
- Disorientation or difficulty speaking
- Sudden dizziness or loss of coordination
- Seizure or loss of consciousness
- Shortness of breath or severe asthma attack
- Head injury/major trauma
- Blurry or loss of vision
- Severe cuts or burns
- Heart attack, chest pain or chest pressure
- Overdose
- Uncontrolled bleeding
- Coughing or vomiting blood
- Severe allergic reactions

Urgent Care Center (non-life-threatening)

- Earaches and infections
- Minor cuts, sprains and burns
- Fever and flu symptoms
- Cough, cold and sore throat
- Animal bites
- Mild asthma
- Urinary tract infections
- Headaches
- Back and joint pain

Urgent care is not intended to be a substitute for a primary care provider (PCP). You should always consult your PCP for care and treatment recommendations.



Visit nalchbp.org for more information.

High Option members: Please call **877.220.NALC (877.220.6252)**.

CDHP members:
Please call **855.511.1893**.

Ask to speak with a clinician who is ready to help answer your health questions.

