

## U and Universal

Health care coverage and health care cost are in the news on a daily basis. Health care cost are on the rise in the U.S. due in part to emergency room visits. There are alternatives to going to the emergency room that are less expensive and still provide quality health care:

- For a sprain, ache or pain go to a convenience center such as a CVS Minute Clinic
  - For general health related questions, you can go to any pharmacy. The pharmacy staff can usually answer most health care related questions
  - Go to your primary Physician (many will see you on an emergency basis)
  - If you have insurance, most have a “help line” to answer questions. BlueCross BlueShield, for example, has “Health Line Blue” where people with BCBS can call and talk to a nurse.
  - Search the internet: you can search for Doctors that will talk to you online
  - Go to “Urgent care” for any immediate care for a minor to moderate injury or illness (most urgent cares have extended hours, fully equipped facilities, and treat adults and children)
- When to seek Urgent Care as an alternative to the Emergency Room:
- Urgent care routinely sees people after accidents, falls, sprains and broken bones
  - Urgent care also treats minor trauma, cuts, fever, flu, vomiting, nausea, skin rashes and infections
  - Appointments are not typically required and urgent care cost between 20 and 50 percent less than an emergency room visit
  - Remember, urgent care is not a replacement for emergency care, which is what you need if you have a life-threatening illness or injury

More information on health care and cost can be found at [dukehealth.org](http://dukehealth.org) and [bcbsnc.com](http://bcbsnc.com)

## Did You Know?

The American Red Cross has an emergency need for blood and platelet donors to address a severe winter blood shortage. To find a blood drive near you go to [redcrossblood.org](http://redcrossblood.org)

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