

The right care at the right time.



Don't waste time and money with unnecessary trips to the emergency room.

Good reasons to go to the ER:

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| Signs of a heart attack |
| Signs of a stroke |
| Loss of consciousness |
| Sudden, severe pain |
| Coughing up or vomiting blood |
| Poisoning |

Bad reasons to go to the ER:

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| Cold or flu |
| Fever (<i>if there is a convulsion go to ER</i>) |
| A sprain |
| A skin rash |
| Minor cuts (<i>no severe bleeding</i>) |
| Earache |

There are ways to determine how and where you should seek care:

- **Call the 24/7 Nurseline.** Experienced registered nurse counselors are available 24/7 to answer health care questions and provide information about a wide variety of health care issues and medical non-emergencies. To talk to a nurse, call this toll-free number: 1-888-315-9473.
- **Use the Symptom Checker.** This intuitive tool located within the Living Well Health Manager, powered by WebMD, lets you check your symptoms and research possible health problems. Just click on the part of the body where you feel symptoms. Visit www.webmdhealth.com/ut and select Symptom Checker from the Living Well drop down menu.

www.webmdhealth.com/ut