



When you have a runny nose, fever and sore muscles, where should you go?

Which is better?

Emergency room (ER) vs Urgent care/retail health clinic vs LiveHealth Online

Always call 911 or go to the ER if you think you could put your health at serious risk by delaying care.



Average cost¹ for common conditions

\$200-\$500

\$75-\$125

\$20/\$49

You pay:

- Any copay
- Any additional deductible or coinsurance that may apply

You save up to

\$425

You save up to

\$480

Average visit time

4 hours²

1 hour³

20 minutes⁴

Need to find care nearby?



You save 3 hours

You save 3.5 hours

Online: Go to [anthem.com](https://www.anthem.com) and choose **Find a doctor**. Follow the steps to search for a doctor or health care provider in your plan.

By phone: Call the Member Services number on your ID card for help finding providers in your plan.

Enough time to go to the gym and take your dog to the park

Enough time to go to the gym, take your dog to the park, and watch your favorite TV show