Being a Wise Health Care Consumer -
It pays to know when a medical “urgency” isn’t an “emergency”

**DID YOU KNOW?**

The State of Delaware and its non-Medicare covered members* pay over 10 times as much for Emergency Room (ER) visits that could have potentially been handled using a lower cost, convenient care option.

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**Emergency Room (Use only for Emergencies)**

Examples for use...
- Chest pain
- Severe shortness of breath
- Fainting, sudden dizziness, weakness
- Sudden confusion
- Uncontrolled bleeding

Average total cost per visit = $1,407
Average out-of-pocket cost to State of Delaware non-Medicare members* per visit = $150

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**Lower Cost, Convenient Care Options (Use for Non-Emergencies)**

Examples for use...
- Cold or flu symptoms
- Coughs, sore throat
- Ear or sinus pain
- Headaches/migraines
- Pinkeye
- Skin rashes
- Minor burns, cuts, scrapes
- Sprains and strains

Average total cost per visit = $104 (PCP); $128 (Urgent Care Center)
Average out-of-pocket cost to State of Delaware non-Medicare members* per visit to the PCP or Urgent Care Center = $15 to $20

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**Call To Action**

Visit [de.gov/healthconsumer](http://de.gov/healthconsumer) to learn more about being a wise health care consumer and how you can help to hold down rising costs.

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*Includes employees, non-Medicare pensioners, spouses and dependents