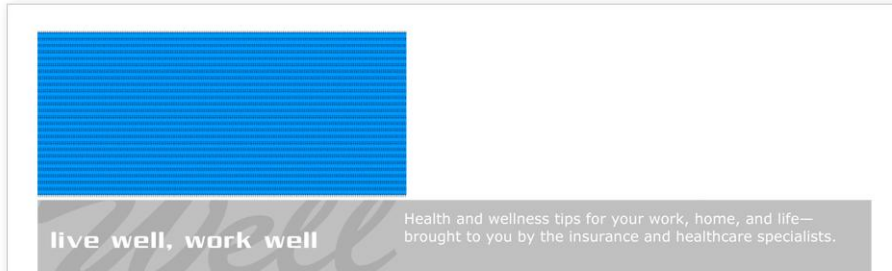


Live Well, Work Well

Healthy employees = happy employers



Emergency Room or Urgent Care?

How to choose

According to some estimates, more than three-quarters of the people who visit an emergency room do not need to be there. Many of these patients are likely better candidates for a visit to an urgent care center.

Do You Really Need the ER?

Emergency rooms are located in hospitals and are staffed by medical doctors who use sophisticated equipment to handle life-threatening injuries and illnesses, and other serious medical conditions such as difficulty breathing or sudden severe pain. Patients at the emergency room are sorted, or triaged, according to the seriousness of their condition. For example, you would arrive in the ER with a minor injury, while someone with a severe condition would be seen first.

immediately. You should go directly to the nearest emergency room if you experience any of the following:

- Chest pain
- Shortness of breath
- Severe abdominal pain following an injury
- Uncontrollable bleeding
- Confusion or loss of consciousness, especially after a head injury
- Poisoning or suspected poisoning
- Serious burns, cuts, or infections
- Inability to swallow
- Seizures
- Paralysis

situations. Rather, they handle instances which require immediate attention – those where delaying treatment could cause serious problems or discomfort.

Some examples of conditions that require urgent care are:

- Ear infections
- Sprains
- Urinary tract infections
- Vomiting
- High fever

Urgent care centers are usually more cost-effective than ERs for these conditions. In addition, the waiting time in urgent care centers is usually much shorter.

Addressing your employees' health and wellness matters can benefit your company's productivity and bottom line. Ask your ABC Company representative about the complete line of *Live Well, Work Well* flyers, including:

- Fight Cancer with Food
- Emergency Room or Urgent Care?
- High Blood Pressure
- Eating Out Can Be Healthy
- Saving Money on Prescriptions
- Healthy Portion Sizes
- Test Your Stress
- Fitness First: Walking
- Men's Health: Preventive Screenings, Parts 1 and 2
- Women's Health: Preventive Screenings, Parts 1 and 2
- Smoking and Your Health
- Time Management
- Dental Care: Oral Health and Wellness
- Food Labels: The Breakdown
- Children's Health: Exercise
- Holiday Stress: Sticking to Your Budget

Make sure to ask your representative about the popular series of *Live Well, Work Well* Newsletters too.

