**Subject: Save Money by Saving the ER for Emergencies**

*Get the most health from your health plan with these useful tips.*

**Have a Cold? Sprained Your Ankle?**

Instead of going to the emergency room (ER), you could save hours of time and hundreds—or thousands—of dollars by choosing an office visit or an online visit with a doctor.

If you feel your health is in serious jeopardy, always call 911 or head to the ER right away. But for minor illnesses and injuries, you have less expensive options.

**1. See a primary care provider.**

Don’t have one? Find one on the Blue Cross & Blue Shield of Rhode Island (BCBSRI) website:
[www.bcbsri.com/finddoctor](http://www.bcbsri.com/finddoctor)

**2. Use BCBSRI Doctors Online.**

Video chat with a board-certified doctor 24 hours a day, 365 days a year. To get started, download the BCBSRI Drs. Online app or visit:
[https://drs-online.com](https://drs-online.com/)

Watch this short video to learn more about your healthcare choices:
[www.rhodeahead.com/howto/unboxing-pcps](http://www.rhodeahead.com/howto/unboxing-pcps)

**How to get care anytime you need it**

[www.rhodeahead.com/learn/care-anytime-you-need-it](http://www.rhodeahead.com/learn/care-anytime-you-need-it)

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