**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)

The information provided herein is not medical advice and should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. Call 911 for all medical emergencies. Doctors Online is not intended to replace ER services and should not be used in an emergency. Doctors Online is a telemedicine service provided by American Well®, an independent company that administers Doctors Online on behalf of BCBSRI.