



Illnesses and accidents don't confine themselves to doctors' office hours. For those times when you require prompt medical care that is not an emergency and can't get in to see your regular physician, you have another alternative, urgent care centers. The walk-in health care facilities don't require an appointment and are generally equipped to provide such services as X-rays, lab testing and many have on-site pharmacies and procedure rooms for minor laceration and fracture care.

An urgent care center may be appropriate for non-emergent conditions such as:

- Allergies
- Bronchitis
- Colds and flu
- Ear infections
- Minor burns
- Minor cuts
- Sore throat
- Sprains
- Strains
- Upper respiratory illness
- Upset stomach
- Other common non-life threatening illnesses

Why consider using an urgent care center?

Urgent care centers, when appropriate, may reduce wait time and out-of-pocket costs when you use a contracted center, compared to an emergency room visit. In an emergency, call 911, or go to the nearest emergency room.

Source: azblue.com

(Knowing when to use Urgent Care)

To locate participating BCBSAZ urgent care facilities, please access the MCCCDC benefits web site below:

<http://www.maricopa.edu/hrweb/benefits/medical.htm>

(click on Urgent Care Search)

There is also another option available as the health care market changes. BlueCross BlueShield of Arizona (BCBSAZ) is now contracted with MediMin and The Little Clinics as urgent care centers; therefore, these specific centers are also "in-network". These facilities are located in specific Bashas' and Fry's grocery stores.