



It's your call.



\$153*

actual cost
family physician visit

\$1,049*

actual cost
ER visit

Using the E.R. for non-emergency care—it's just one of the reasons health care costs are rising. In an emergency, you shouldn't hesitate to go to the E.R. or urgent care center. But if your condition isn't urgent, check with your doctor first. When it comes to the cost of health care, your choices help make a difference.

Visit bcbstx.com for more ways each of us can help keep health care affordable.



* Source: Wellmark Inc., "Provider Economics," 2003