

Do You Want to Save Time and Money?

Knowing where to go when you are sick or injured can keep money in your pocket and save you valuable time. In an emergency situation, you should always go to your nearest provider. However, you have several options in a non-emergency health situation, since care in a hospital Emergency Room is the most expensive care option. Be sure your health situation is an emergency before you go to a hospital Emergency Room for care. Your policy may not offer complete coverage for an Emergency Room visit that is a non-emergency and would be very expensive for you. Situations such as ear pain, throat pain, colds/flu and rashes are often best treated by calling your doctor.

For non-emergency illness or injury:



Step 1

Call your doctor's office. For a complete list of doctors in Optima Health's network, visit our Web site at www.optimahealth.com.



Step 2

If your doctor's office is closed, call the **Optima After-Hours Nurse Advice Line at 1-800-394-2237**. This **free** call is your link to a licensed nurse who can assist you in determining your immediate next steps for care.



Step 3

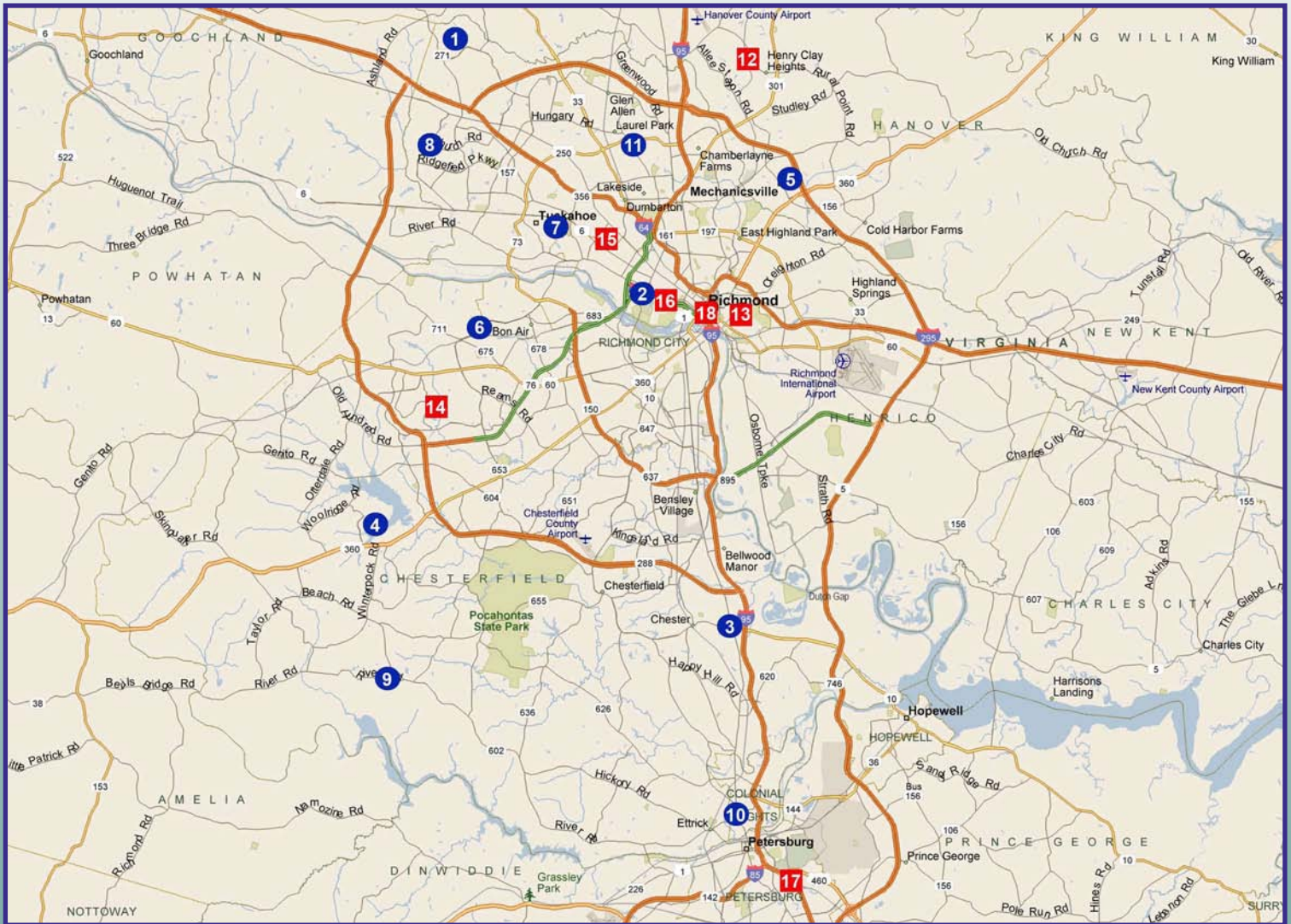
Urgent Care Centers may meet your needs and are usually a less expensive and faster option for treatment than a hospital Emergency Room.



Step 4

Hospital Emergency Rooms are the most expensive and often take longer than other treatment options in non-life threatening situations. If you choose to go to an Emergency Room, knowing which hospitals participate with Optima Health, shown on back of this page, can save you money.

OPTIMA HEALTH'S PARTICIPATING URGENT CARE CENTERS AND HOSPITALS IN RICHMOND



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URGENT CARE CENTERS

- 1** Express Med Urgent Care Ctr. Inc.
- 2** Patient First - Carytown
- 3** Patient First - Chester
- 4** Patient First - Genito
- 5** Patient First - Mechanicsville
- 6** Patient First - Midlothian
- 7** Patient First - Parham
- 8** Patient First - Short Pump
- 9** Health Care Plus - Chesterfield
- 10** Health Care Plus - Colonial Heights
- 11** Patient First - Woodman

PHONE

(Area Code 804)

- 346-4545
- 359-1337
- 796-3636
- 744-6310
- 559-9900
- 320-8160
- 270-2150
- 366-8061
- 414-0204
- 526-2121
- 264-7808

ADDRESS

- 5310 Twin Hickory Rd.
- 12 N. Thompson St.
- 12101 S. Chalkey Rd.
- 11020 Hull St.
- 7238 Mechanicsville Tpke.
- 8110 Midlothian Tpke.
- 2205 N. Parham Rd.
- 3370 Pump Rd.
- 13038 Rivers Bend Rd.
- 436 Claremont Ct., Ste. 100
- 2300 E. Parham Rd.

CITY

- Glen Allen
- Richmond
- Chester
- Midlothian
- Mechanicsville
- Richmond
- Richmond
- Richmond
- Chesterfield
- Colonial Heights
- Richmond

HOSPITALS

- 12** Bon Secours Memorial Regional Medical Ctr.
- 13** Bon Secours Richmond Community Hospital
- 14** Bon Secours St. Francis Medical Ctr.
- 15** Bon Secours St. Mary's Hospital
- 16** Children's Hospital
- 17** Southside Regional Medical Ctr.
- 18** VCU Medical Ctr.

PHONE

(Area Code 804)

- 764-6000
- 225-1700
- 594-7300
- 285-2011
- 321-7474
- 504-4601
- 282-9000

ADDRESS

- 8260 Atlee Rd.
- 1500 N. 28th St.
- 13710 St. Francis Blvd.
- 5801 Bremo Rd.
- 2924 Brook Rd.
- 200 Medical Park Blvd.
- 1250 East Marshall St.

CITY

- Mechanicsville
- Richmond
- Midlothian
- Richmond
- Richmond
- Petersburg
- Richmond