

Don't pay sky-high emergency room costs when it's not an emergency!



When you need help in a hurry, you have choices!

When it's a life-threatening problem, go straight to the hospital emergency room (ER). Remember, true emergencies are treated first, so unless your life is in danger, you'll wait, sometimes for hours. The ER is also your most expensive option for care. For problems that are not life threatening, you have cheaper options.

Here's how to make the right choice:

Where	What	When	Your cost under the Aetna medical plan (in-network)
Aetna's Informed Health®Line - 800-556-1555	Describe your medical situation to a nurse, who can help you decide where to go and can help you find a local walk-in clinic or urgent care center if appropriate.	Available 24/7	Free
Your doctor -- if your medical issue is not urgent, call your doctor first	Wellness visits and annual exams (Preventive plan only), sick visits, chronic conditions	Available during business hours — sometimes available for extended hours or weekends	Your office visit coinsurance after deductible
Walk-in clinics – in stores and pharmacies	Minor medical problems such as colds, sore/strep throats, sinus infections, pink eye, as well as services such as school/sports physicals and immunizations	Many open 7 days a week with extended evening, weekend, and holiday hours	Your office visit coinsurance after deductible
Urgent care centers – across the country, including many that are affiliated with hospitals	Sprains, strains, stitches, fevers, minor cuts and burns	Many open 7 days a week with extended evening, weekend, and holiday hours	Your office visit coinsurance after deductible
Emergency room – almost every hospital	Life-threatening emergencies, such as heart attacks, strokes and major trauma	Available 24/7	Plan coinsurance and \$150 copay apply (copay waived if admitted)



New!

Now you can access www.aetna.com from your cell phone or web-enabled device. It's a great way to search for providers on the go!

Walk-in clinics and urgent care centers are not available in all locations but may be added at any time. Visit the DocFind® online provider directory at

www.aetna.com/dse/custom/cityofseattle

For the most up-to-date listing, you may also wish to print out a list of walk-in clinics and urgent care centers where you travel. The list on the next page is not all inclusive – there are many others that could not be added to the pamphlet.

Walk-in Clinic/Urgent Care Center Advantages:

- Convenience
- Lower out-of-pocket costs
- No appointments needed
- Flexible hours and days

King County

MMG-Kent Urgent Care Center

222 State Avenue North
Kent, WA 98030
(253) 372-7866

Overlake Urgent Care

6520 226th Place SE, Suite 150
Issaquah, WA 98027
(425) 688-5777

US HealthWorks Medical Group of Washington, P.S.

Many locations in King County

Zoom Care

Many locations in Seattle

Evergreen Urgent Care Center In Woodinville.

16916 140th Avenue Northeast
Suite B
Woodinville, WA

Immediate Clinic

Several locations across King County

Valley Medical Center, VMC Renton Landing Urgent Care

1205 N. 10th Street, Suite A
Renton, WA 98057
(425) 656-4211

Doctors Express Kent

18012 West Valley Hwy, Suite 101
Kent, WA 98032
(425) 291-3200

Seattle Children's Hospital Urgent Care Clinic

1500 116th Avenue Northeast
Bellevue, WA 98004-3829
(425) 454-4644

Kitsap County

Harrison Medical Center Urgent Care Services

450 South Kitsap Blvd., Suite 1600
Port Orchard, WA 98366
(360) 895-6275

Harrison Medical Center Urgent Care Services

8804 Madison Avenue North
Suite 100
Bainbridge Island, WA 98110-0000
(206) 855-7510

Occupational Medicine Associates of Kitsap/Central Kitsap Urgent Care

10513 Silverdale Way Northwest
Suite 106
Silverdale, WA 98383-9499
(360) 692-9852

Pierce County

MMG-Lakewood Urgent Care Center

9332 Bridgeport Way Southwest
Lakewood, WA 98499
(253) 459-6065

MMG-University Place Urgent Care Center

University Place Urgent Care Center
4310 Bridgeport Way West
University Place, WA 98466
(253) 459-7177

MMG-Westgate Urgent Care Center

5702 North 26th Street
Tacoma, WA 98407
(253) 459-7130

St. Anthony Prompt Care

4700 Point Fosdick Drive Northwest
Suite 102
Gig Harbor, WA 98335
(253) 853-2050

US HealthWorks Medical Group of Washington, P.S.

2624 South 38th Street
Tacoma, WA 98409-7308
(253) 475-5908

Snohomish County

US Healthworks

3101-111th Street Southwest
Everett, WA 98204
(425) 267-0299

US Healthworks

3726 Broadway
Everett, WA 98201
(425) 259-0300

Providence Mill Creek Walk In Clinic

12800 Bothell Everett Hwy.
Everett, WA 98208
(425) 316-5150

Providence Monroe Walk In Clinic

19200 North Kelsey Street
Monroe, WA 98272-1431
(360) 805-4790

Immediate Clinic

4725 196th Street Southwest
Suite 105
Lynnwood, WA 98036-5518
(425) 640-5115

Providence Harbour Pointe Walk In Clinic

4112 Harbour Pointe Blvd. Southwest
Suite 100
Mukilteo, WA 98275-5457
(425) 347-6330