



Official Health Insurance  
Company of the  
Washington Redskins

## Know where to go for what symptoms

Did you know that one in four emergency room visits can be treated at an urgent care center? Inova has 15 urgent care centers in Northern Virginia that are open seven days a week — no appointment needed.

[Read more](#)



### Our members get the right care at the right time at the right place

Innovation Health members increased their use of urgent care centers from 2015 to 2016 by 24%.<sup>\*</sup> Why is that important? Urgent care centers are often more convenient and less costly than a visit to the Emergency Room.

### Know where to go for what symptoms (continued)

A recent national study found that 90 percent of urgent care visits lasted less than an hour.<sup>\*\*</sup> And did you know that going to an urgent care center for a non-emergency can get you on the road to recovery quicker than waiting at the ER?

Below is a great visual that shows the most appropriate place to seek medical care, depending on your symptoms. You can also view it at the link [here](#).

### Savings members money with access to the right place of care

Fierce Healthcare recently interviewed our Chief Medical Officer (CMO), Sunil Budhrani, M.D., on how we're connecting with members to educate them on how to save time, money and resources by going to the right place for care.

[Read more](#)

### Interested in Innovation Health?

Request a quote by simply filling out our quote request form.

[Request a quote](#)

### See how data drives improved health care outcomes

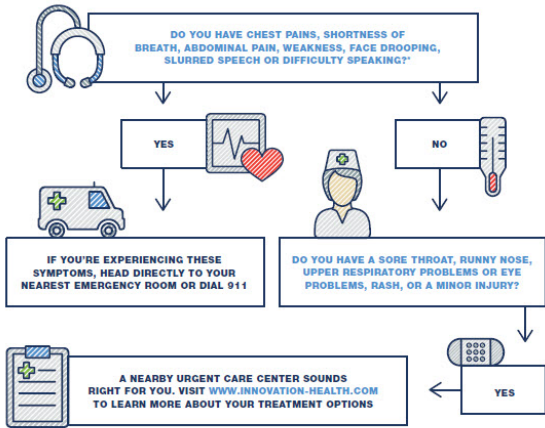


## URGENT CARE VS. EMERGENCY ROOM

WHAT TO KNOW AND WHEN TO GO

**DID YOU KNOW?**

- 1 IN 4 EMERGENCY ROOM VISITS CAN BE TREATED AT AN URGENT CARE
- AN URGENT CARE CENTER CAN SAVE YOU HUNDREDS IN MEDICAL COSTS\*
- 90% OF PATIENTS WHO WENT TO AN URGENT CARE WERE IN AND OUT IN AN HOUR OR LESS†



[1] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3413874/>  
 [2] <http://www.painstate.com/links/medical-coverage-coverage-of-urgent-care-2014-urgent-care-coverage-by-state-regions-industry-with-appendix-20020716c.pdf>  
 [3] <http://www.painstate.com/links/medical-coverage-coverage-of-urgent-care-2014-urgent-care-coverage-by-state-regions-industry-with-appendix-20020716c.pdf>  
 \*The figures listed above are a sample of the possible outcomes of an emergency medical condition and are not intended to represent a complete list.

TO FIND THE URGENT CARE NEAREST YOU  
 VISIT [WWW.INNOVATION-HEALTH.COM](http://WWW.INNOVATION-HEALTH.COM) OR CALL 1-855-228-0510



## What is different about Innovation Health?

Learn more about what sets Innovation Health apart from the competition.

Read more