

You may contact Continental Benefits for any questions or concerns at 866-805-2542.

URGENT CARE VS. EMERGENCY ROOM

When you have a life-threatening situation such as chest pain, or a sudden and severe pain, the emergency department of the nearest hospital is the only option. If you went to an urgent care clinic, they'd just send you on to the ER in an ambulance. But if your condition is less serious, but still requires immediate attention, choosing an urgent care facility can save you loads of time and money, as well as keeping the emergency room free to handle more serious situations.

If you have a sprained ankle, or an ear infection, you may end up waiting for many hours in the emergency room and paying hundreds of dollars. Most urgent care centers are open for extended hours, and will be able to accommodate you more quickly.

When you need to go to the Emergency Room:

If you have a serious condition - stroke, heart attack, severe bleeding, head injury or other major trauma - go straight to the nearest ER. Don't take a chance with anything life-threatening. The ER is the best place for these and other critical conditions, including:

- Chest pain
- Difficulty breathing
- Severe bleeding or head trauma
- Loss of consciousness
- Sudden loss of vision or blurred vision

When an Urgent Care Center can better meet your needs:

- Minor burns or injuries
- Sprains and strains
- Coughs, colds, and sore throats
- Ear infections
- Allergic reactions (non life-threatening)
- Fever or flu-like symptoms
- Rash or other skin irritations
- Mild asthma
- Animal bites
- Broken Bones

And **when in doubt, call ahead.** If the urgent care clinic in question can't accommodate your condition, they will advise you to go the nearest emergency facility.

Remember, urgent care clinics are also a resource for flu shots and physicals.

South Texas Health Coop urges you to use the contracted Urgent Care centers below when you have a minor emergency.

- Valley Day and Night Clinic, 3302 Boca Chica Blvd #109 Brownsville, TX 78521
Phone, 956-982-1001
- Valley Day and Night Clinic, 1755 W. Price RD Brownsville, TX 78520
Phone, 956-546-1000
- Family Night Clinic/RGV Harlingen Family Night Clinic, 226 Haine Dr, Harlingen, TX 78550
Phone, 956-423-1283

***For a full listing of all contracted providers, please view the Provider List on your District's website.**