

FASTMED/NEXTCARE URGENT CARE CENTERS

FASTMED URGENT CARE

- 1 2460 N Swan Rd #140
Tucson, AZ 85712
(520) 441-5405
- 2 9175 E Tanque Verde Rd #187
Tucson, AZ 85749
(520) 407-5699
- 3 5594 E 22nd Street
Tucson, AZ 85711
(520) 232-2047
- 4 2510 E Broadway Rd
Tucson, AZ 85716
(520) 232-2072
- 5 1895 W Valencia Rd # 101
Tucson, AZ 85746
(520) 576-5104

NEXTCARE URGENT CARE

- 6 4280 N Oracle Rd #100
Tucson, AZ 85705
(800) 819-8566
- 7 5369 W Calle Santa Cruz #145
Tucson, AZ 85706
(800) 819-8566
- 8 9525 E Old Spanish Trl #101
Tucson, AZ 85748
(800) 819-8566
- 9 6238 E Pima St
Tucson, AZ 85712
(800) 819-8566
- 10 501 N Park Ave
Tucson, AZ 85719
(800) 819-8566



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As of the publication, Cigna Medicare Advantage plans are offered to employers and individuals in Maricopa County, Pima County and certain Zip codes within Pinal County, Arizona.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments and restrictions may apply. Benefits, premium and copayments may change on January 1 of each year. The provider network may change at any time. You will receive notice when necessary.

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Cigna-HealthSpring is contracted with Medicare for PDP plans, HMO and PPO plans in select states and with select state Medicaid programs. Enrollment in Cigna-HealthSpring depends on contract renewal.

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URGENT CARE CENTERS



Immediate treatment and care – when your doctor isn't in.

YOU ARE A PRIORITY

Day and night

We understand that you get sick, accidents happen, and health concerns can arise at any time. That's why Cigna has options for who to call and where to go to meet your health care needs.

YOUR CHOICES FOR CARE

Your doctor's office

Contact your Primary Care Doctor for minor injuries, routine exams or common illnesses. When you visit your doctor, a care team will be able to help manage and monitor your health.

Call your doctor for the following:

- ▶ Everyday illnesses like cough, cold, flu, fever, sore throat, rash, earache, headache and stomachache.
- ▶ Minor cuts and burns, bruises, minor broken bones, sprains, strained muscles and back pain.
- ▶ Routine exams include your 360 Annual Wellness exam, vaccinations, medication review, prescription refills and advice.

Urgent Care

If you are unable to get an appointment with your doctor, an urgent care center can deliver prompt medical attention for common medical issues. Urgent Care Centers may be open earlier and/or later than your doctor's office, and you're likely to spend less time waiting and can save money compared to an emergency room.

Some examples include:

- ▶ Cough, cold, flu, fever, and sore throat
- ▶ Earache, headache, and stomachache, minor cuts and burns, bruises, minor broken bones
- ▶ Sprains, strains and back pain
- ▶ Ear or eye infections

Average urgent care center cost:¹ **\$127**

Average hospital ER cost:¹ **\$2,047**

Note: Urgent care is not appropriate for emergencies.

Emergency care

If you believe that the situation needs to be treated right away or it could result in loss of life or serious complications, it is likely an emergency. Examples include:

- ▶ Uncontrolled bleeding
- ▶ Shortness of breath
- ▶ Loss of consciousness
- ▶ Broken bones
- ▶ Chest pain

In an emergency, go directly to the nearest emergency room or call 911.

Be sure to contact your Primary Care Doctor as soon as reasonably possible for further assistance and directions on follow-up care.

Cigna Telehealth Connection

Take control of your health when, where and how it best works for you – day or night; from home, work or on-the-go. Whether you're sick or don't have time to wait for a doctor's appointment, get access to care for non-life-threatening conditions. All this, with a click of a button, you can talk to a board-certified doctor. Fast, convenient and less expensive than an emergency room, urgent care, and in some cases less than an office visit.¹



Get immediate treatment for non-life-threatening illness and injuries. Nights. Weekends. Holidays.

1. Cost estimates are Arizona Market 2015 averages; actual costs may vary by location, facility, and the type or level of services received.

Together, all the way.®



LOCATION MAP:

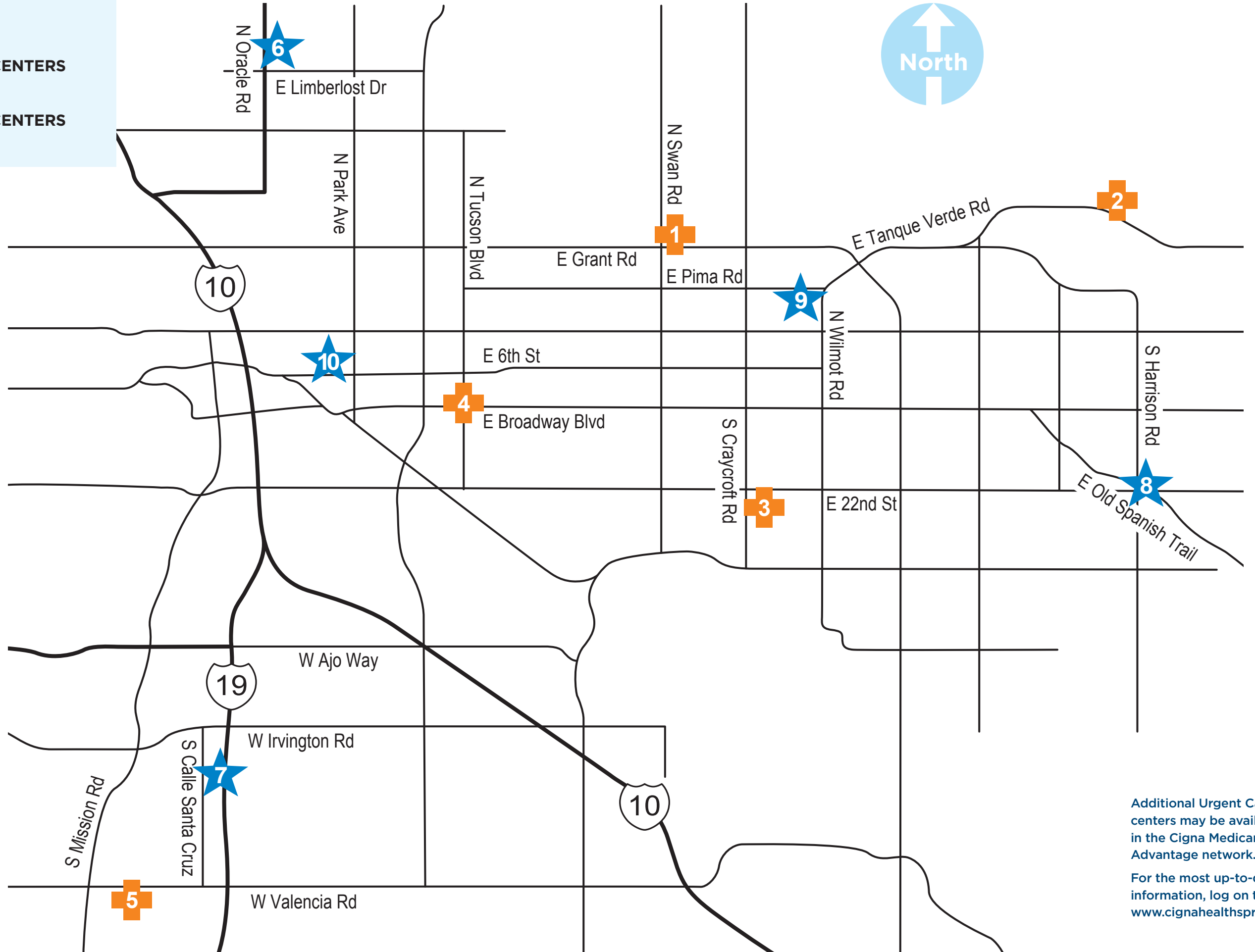


**FASTMED
URGENT CARE CENTERS**



**NEXTCARE
URGENT CARE CENTERS**

TUCSON



Additional Urgent Care centers may be available in the Cigna Medicare Advantage network. For the most up-to-date information, log on to www.cignahealthspring.com.