

The ER is for emERgencies



Save time and money.
Know where to go for care.

Your child just hurt her ankle on the playground. Quick—where should you go for treatment? “Emergency room” is an understandable reaction, but it may not be the best choice.

FACT: 6 out of 10 visits to the ER by people covered under PepsiCo medical plans are for “low intensity” conditions—things like fever, headache, upper respiratory infections or urinary tract infections—that could easily be treated more quickly and cost-effectively elsewhere!

Remember: Both medical options cover non-emergencies treated in the ER at 50%. And under the Core Plus Option, if you go to the ER but aren’t admitted, you pay an extra \$100 (or more) copayment. Or course, if it’s a severe or life-threatening condition, always call **9-1-1** or go to the ER immediately.





Consider Urgent Care Facilities

They're often a great alternative to the ER for conditions that aren't life-threatening but still need to be taken care of right away—like sprained ankles, allergic reactions, animal bites, broken bones, fever, etc. TIP: Locate an in-network urgent care facility close to you now so you're ready if and when you need care! You can search for facilities online: For Anthem BCBS, go to anthem.com. For UHC go to myuhc.com. Or just call Health ACE.

	National Average Costs	
	Urgent Care	Emergency Room
Sprains	\$130	\$650
Allergies	\$97	\$345
Acute bronchitis	\$127	\$595
Ear ache	\$110	\$400
Pink eye	\$102	\$370
Sore throat	\$94	\$525

Source: Debt.org and Aetna



Don't Forget These Options

1. **Doctor's Office:** For non-life-threatening, non-urgent conditions during normal business hours, your best bet is to visit your physician's office. (That's why it's important to have a primary care physician to see in these situations.)



2. **Teladoc:** Can't get in to see your doctor? Try Teladoc. Connect over the phone or online video to a network of U.S. board-certified doctors and pediatricians who can diagnose and even write prescriptions for certain non-emergency conditions—365 days a year. Register in advance at teladoc.com to save time when you need help. Visit teladoc.com/pepsico or call **1-800-Teladoc (835-2362)** to get started.



3. **NurseLine:** Call this confidential toll-free hotline to speak with a registered nurse about your symptoms, medications and side effects, when to go to the doctor or emergency room, and other health-related issues. Anthem BCBS members call **1-877-224-0030**. UnitedHealthcare members call **1-888-761-0113**.

	Call to NurseLine	Call to Teladoc	Doctor's Office Visit	Urgent Care Facility	Emergency Room
Typical cost* per visit	\$0	\$40	\$125	\$175	\$1,400

*These numbers are averages for in-network services only and are not tied to a specific condition or treatment. Out-of-pocket costs may vary based on your plan.

Commit &

Make Healthy Happen!



Nothing changes until you take action.
Action begins with commitment.

Remember when you were learning to ride a bike? It was hard, and you fell, but you kept getting up and trying again. You told yourself you could do it, maybe your parents coached you, and once you balanced a few yards on your own, it was easier to go farther the next time—and soon you were on your way.

That's the power of commitment. When it comes to living a healthier lifestyle, good intentions are important. But it's the power of commitment that produces results.

“I need to lose 50 pounds. That’ll take forever. I can’t commit to forever!”

Don’t start by committing to losing 50 pounds. Commit to One Thing—like losing five or 10 pounds. Each small success makes it that much easier to take the next step. Small, incremental improvements build on one another, getting you closer to your goal.

If you don’t want to commit to:	Start by Committing to One Thing:	Then Commit to One MORE Thing:
Running a marathon	Parking farther from the door	Walking a 5k
Completely changing your diet	Replacing one fast-food meal per week with a healthy, home-cooked meal	Eating fast food only twice per month
Quitting tobacco cold-turkey	Limiting the time or locations you use tobacco	Using tobacco only every other day



You Have Someone in Your Corner

Remember how your parents encouraged you on the bike? It’s easier to reach goals when you’ve got someone on your side. Keep your commitment and get the support you need to succeed with Healthy Living. No matter what your goal—to eat better, lose weight, train to run a 5K, manage stress better, stop using tobacco—Healthy Living has programs, wellness coaches, resources to help you get there. The Healthy Living website has planners, trackers, health tips, recipes, videos and more.



Get started on the right foot

Know where you stand, and where you need to go. Start by getting a biometric screening. It takes about 15–20 minutes, is completely confidential and won’t cost you anything—in fact, we’ll pay you to do it! The results will help you and your doctor decide if there’s something specific you need to address, and pinpoint areas of your life that need a little more of your time and attention. Get your screening during your annual physical, or call Quest at **1-866-908-9440** or register at **My.BlueprintforWellness.com**.

Pick a goal, make a plan, and stick to it. We all have at least one thing we can do better, whether it’s eating healthier, being more active or losing weight. Commit to improve one thing about your health this year. A Healthy Living wellness coach can help!



From small steps to **BIG STRIDES**

Big changes can make big differences, but little changes add up! Don't discount what you can accomplish with just a little commitment!

For example:

Workouts as short as four minutes can improve your endurance capacity by as much as 10 percent in 10 weeks.

Walk around while you're talking on the phone. Ten minutes, five days a week at only 3 mph will burn about 1,000 calories a month—about three pounds a year.

Stand up. On average, people burn 100 calories per hour sitting and 140 calories standing. Just two more hours a day on your feet can cut an extra six pounds in a year.

Stretch it out. Loosening up with a few simple stretches before lifting that first load of the day may help prevent back pain and muscle pain.

For great tips on ways to get improve your life through better health, visit healthyliving.pepsico.com.