

# MEDICAL AID UNITS

## URGENT CARE FOR DELAWARE RESIDENTS



**Medical Aid Units (MAUs) are Urgent Care Facilities that treat injuries or illnesses that are not life-threatening, but require care within a few hours or the same day. With an MAU, you don't need an appointment, and you can avoid the longer wait times you might find at a busy Emergency Department (ED).**

### HOW DO MEDICAL AID UNITS WORK?

MAUs are staffed by medical professionals, which may include physicians, nurse practitioners and physicians' assistants. Many offer on-site diagnostic equipment, including X-ray and laboratory services, and are generally open at times when your doctor's office may be closed.

MAU services are covered by your health benefits plan. The cost to you (your copay) is lower if you seek care from an MAU or urgent care center, instead of an ED. To see the most up-to-date list of MAUs and their locations, visit [highmarkbcsde.com](http://highmarkbcsde.com), click on "Find a Doctor or RX" and choose "Urgent Care and Retail Clinic" from the first drop-down menu. You can also visit [providir.highmarkbcsde.com](http://providir.highmarkbcsde.com) to be taken straight to our online Provider Directory.

### WHEN SHOULD I GO TO AN ED?

Remember, an MAU may not always be your best option. While MAUs are appropriate for common conditions and injuries, life-threatening symptoms, such as chest pains, symptoms of stroke, severe headaches, excessive bleeding or vomiting are best handled by an ED. Please be sure to use your best judgment in any medical situation. If you believe that you have a life-threatening emergency and do not have time to speak with your doctor, then proceed to the nearest ED for care.

### MAUs treat common ailments and injuries including:

- Minor lacerations requiring stitches
- Joint sprains
- Cuts and minor burns
- Most broken bones
- Headaches
- Pediatric medical problems (e.g., eye and ear infections)
- Muscle, joint and back pain
- Mild asthma attacks
- Fevers and flu
- Allergies
- Routine infections (e.g., ear, throat, sinus and bladder infections)
- Coughs and colds
- Sexually transmitted infections
- Emergency contraceptive care
- Mild or moderate vaginal bleeding
- Skin irritation or skin infection



**For a current listing of Medical Aid Units in your area, please visit [highmarkbcsde.com](http://highmarkbcsde.com)**

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