



# DO YOU KNOW WHERE TO GO?

**Please ask. We're here to help you  
with any medical situation.**

## **PRIMARY CARE (\$)**

**Primary care is your first point of contact, and is for preventative, regular and ongoing health care:**

- Chronic conditions like allergies, asthma and emphysema.
- Sore throats and flu symptoms.
- Diabetes and cholesterol management.
- Headaches.
- Immunization and vaccination.
- Small cuts and scrapes, and wound care.
- Sports physicals.
- Minor sprains and strains.

### **What to do.**

Call during business hours to make an appointment. Same-day appointments may be available. All providers now offer 24/7 online scheduling. Providers are on call after hours and on weekends.

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## **URGENT CARE (\$\$)**

**Urgent care is for injuries and illnesses that just can't wait for a doctor's appointment:**

- Sprains, strains or possible broken bones.
- Vomiting, diarrhea and abdominal pain.
- Sore throats, colds and coughs.
- Ear infections.
- Fever or flu.
- Minor burns, cuts and scrapes.
- Rash and allergic reactions.
- Sports physicals.

### **What to do.**

Find locations and hours online. No appointment is necessary. Urgent care has extended evening and weekend hours, and is more affordable and can have shorter wait times than emergency care.

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## **EMERGENCY CARE (\$\$\$\$\$)**

**Emergency care is for severe injuries and illnesses that need immediate treatment:**

- Head injuries or a sudden, non-typical headache or vision loss.
- Chest pain or other heart attack symptoms.
- Serious lacerations and severe bleeding.
- Overdose or attempted suicide.
- Severe abdominal pain.
- Stroke symptoms.
- Trouble breathing.
- Loss of consciousness.

### **What to do.**

Open 24/7. No appointment is necessary. Call 911 if necessary.

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**Virtual Visit – Video appointments are available 24/7. Flat fee, covered by most insurance policies (check your policy for specifics).**