



# WHERE SHOULD YOU GO FOR CARE?

You have **options** for your health care. Choose the **right care**, at the **right place**, at the **right time**, for the **right cost**.

## Doctor's Office

First try to contact your primary care physician (PCP) office. Your PCP office will direct you to the type of care that's most appropriate for you.

Your PCP understands your health and has your records available.

Seeing your personal physician can result in overall better care at lower cost.

### Typical office visits:

- Cold or flu
- Aches or pains
- Pink eye
- Sore throat
- Rash
- Ear ache
- Allergies
- Sunburn or minor burns
- Stomach pain
- Urinary tract infection
- Sprains or strains
- Minor infections
- Yearly exams
- General medical advice
- Chronic condition management (diabetes, high blood pressure, heart failure, and high cholesterol)
- Lab tests
- Referrals to specialists
- Vaccinations

## Immediate Care

Most problems listed below can be handled in your primary care physician (PCP) office. If your doctor is not available, you may choose to visit an immediate care center, or if appropriate wait until your doctor is available. Try to contact your primary care physician first.

Immediate care is for conditions that require immediate medical attention but are not severe or life-threatening, and do not require use of a hospital or emergency room.

### Typical immediate care visits:

- Cuts requiring stitches
- Foreign objects in the eye
- Broken bones
- Urinary tract infection
- Sprains or strains
- Minor infections
- Other non-life-threatening conditions

## Emergency Room

Emergency care is necessary when a person has an unexpected onset of symptoms or a severe medical condition, accident, or illness that could place a person's health in jeopardy if not treated with immediate medical attention.

ERs staff a full medical team to treat a wide range of medical conditions that require on-site diagnostic tests, surgical suites, and 24/7 bedside care.

If your injury or illness is severe, don't hesitate to call 911 or get to the closest ER.

### Typical ER visits:

- Sudden or unexplained loss of consciousness
- Severe shortness of breath
- Chest pain
- Signs of stroke (numbness or weakness in face, arm or leg, difficulty speaking, or sudden confusion)
- Severe trauma
- Severe burns
- Deep cuts or bleeding that won't stop

