# WHERE DO I GO?

1. **Start with your primary care clinic first.**
2. **Depending on your symptoms, seek out either an express care clinic or same-day/walk-in/urgent care.**
3. **The emergency room should be your last resort.**

When visiting any health care provider, please bring a list of ALL current medications (including over-the-counter supplements and vitamins), list of allergies and past medical or surgical procedures to whatever health care facility you choose.

## 1 Primary Care Clinic

Used for ***routine*** medical care:

- **evaluation**
- **medication refills**
- **specialty referrals**

Primary care clinic will work with your primary care provider (PCP). If same-day care is needed, please call your provider's office to see if a same-day appointment or on-call provider is available. If appointment is NOT available, seek care at one of the following care locations below.

## Express Care Clinic

Can be seen for ***minor*** injuries and illnesses such as:

- **seasonal allergies**
- **urinary bladder infection (UTI)**
- **bug bites**
- **cold/respiratory illnesses**
- **sinus infection/pain**
- **sore throat**
- **ear wax removal**
- **skin abrasions**

Blood draws and lab are NOT available at these locations. Open seven days per week. Can schedule an appointment or walk-in. Payment due at time of service and is not covered by all insurance payors. (Please call your insurance provider to see if visit is covered.)

## 2 Same-Day/Walk-in/ Urgent Care

Can be used to treat ***acute*** illnesses and injuries that are not serious enough for a visit to an emergency room. Can treat a wide range of conditions such as:

- **infections**
- **accidents or falls**
- **allergies**
- **skin conditions**
- **flu**
- **strep throat**
- **sprains and broken bones**
- **back problems**
- **mild to moderate asthma**
- **abdominal pain**
- **bleeding and cuts that may require stitches**
- **high fever**
- **vomiting**
- **diarrhea or dehydration**

On-site lab and x-ray. Open seven days per week. No appointment needed, but may be available. Usually seen in the order that you check in. Co-pay due at time of service and is not covered by all insurance payors. (Please call your insurance provider to see if visit is covered.)

## 3 Emergency Room

To be used for emergencies or life-threatening situations such as:

- **chest pain**
- **difficulty breathing**
- **stroke symptoms**
- **excessive bleeding**
- **severe abdominal pain**
- **homicidal or suicidal thoughts**
- **major injuries or illnesses**

If a medical problem is life-threatening, call 911 immediately.
Remember, ER visits should be reserved for true emergencies, such as life-threatening accidents or chest pain. Visiting the ER for a non-emergency issue can be costly, inefficient and detract medical care from individuals who truly need emergency care.

Examples of inappropriate uses of the emergency room:

- **medication refills**
- **toothaches**
- **sexually transmitted disease screening**
- **general health concerns**

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