

When to go Where for Medical Care

How to choose between Primary Care, Urgent Care, or the Emergency Room



Primary Care

Preventative Care and Wellness



Checkups



Vaccines



Routine Tests

Common Illnesses and Chronic Conditions



Cold/ sore throat/ etc.



Ongoing conditions



Medication request/ refills

Referrals and Follow-ups



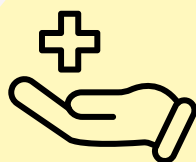
Specialist referral



Sports waivers



Any other issue that can wait for an appointment



Urgent Care

Moderate Injuries



Strains/ Sprains



Minor cuts/ Burns



Animal/Insect bites



Back pain

Moderate Illnesses



Flu-like symptoms



Mild fever



Vomiting/ Diarrhea

Infections and Irritations



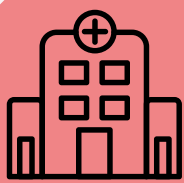
Ear ache



Eye pain



Rash or skin condition



Emergency Room

Call 911 or visit the emergency room if you are experiencing any of the following:

Severe Injuries



Broken bones



Head or Eye Injury



Severe burns



Uncontrolled bleeding

Heart, Brain, Lung Problems



Chest Pain



Difficulty breathing



Signs of a stroke (numbness/weakness)



Loss of consciousness

Other Critical Issues



Abdominal Pain



Poisoning/ Overdose



Thoughts of suicide or self harm



Vaginal bleeding during pregnancy

Disclaimer: This list is meant as a guide to point you in the right direction for getting medical care. If you think you are having a medical emergency, do not hesitate to go to the emergency room or call 911.

My Healthcare Overview



Health Insurance:

My Health Insurance: _____

Start

Date: _____

Baby's health insurance: _____

Start

Date: _____



Primary Care Providers:

PCP Name: _____

Phone #: _____

OB/GYN Name: _____

Phone #: _____

Pediatrician Name: _____

Phone #: _____



Urgent and Emergency Care:

Nearest Urgent Care Address: _____

Nearest Emergency Room Address: _____

