



# Where Should I Go for Care?

You have options when it comes to your medical care. Let's review them below.

## PRIMARY CARE PHYSICIAN - YOUR HOME BASE

One of the goals of your primary care physician is to know you as a patient. When you develop a relationship with your physician, he or she will best understand how to manage your healthcare needs. Consider your primary care physician your home base for illness or chronic condition management.

## EMERGENCY ROOM

You should go directly to the nearest emergency room if you experience any of the following:

- Chest pain
- Shortness of breath
- Severe abdominal pain
- Uncontrollable bleeding
- Confusion or loss of consciousness
- Serious burns, cuts, or infections
- Inability to swallow
- Seizures

## URGENT CARE

Here are some examples of conditions that require urgent care:

- Ear infections
- Sprains
- Vomiting
- High fever

Urgent care centers are usually more cost-effective than ERs for these conditions. In addition, the waiting time in urgent care centers is usually much shorter.

## TELEMEDICINE

With telemedicine, you have access to a doctor 24/7 via phone or video chat. Consider using telemedicine for non-life threatening conditions such as:

- Sinus problems
- Respiratory infections
- Allergies
- Flu symptoms
- Rashes
- And many other illnesses