



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