

Where to go for care when you need help.



The symptoms/condition you have determine your best setting for care.



Doctor's Office/ Clinic

Check ups, illness, and chronic care

Urgent/Express Care

Urgent but not life-threatening

Emergency Dept

Serious, life-threatening, or involving severe pain

Symptoms/
Conditions

Cold & sinus symptoms
Stomach problems
High blood pressure
Behavioral health issues
Other chronic conditions

Headaches/migraines
Asthma/breathing conditions
Flu
Urinary tract infections

Difficulty breathing
Chest pain
Uncontrolled bleeding
Severe injury
Stroke symptoms*

Estimated cost by
comparison

Lowest

Low or Moderate

Highest

Hours of
operation

Business hours, but please check with your provider for after hours and weekend availability.

Mornings, evenings, and weekends, when your PCP is not available

24/7

If you believe you are having a medical emergency and you need immediate treatment, go directly to any hospital emergency room or call 911.



* Numbness or weakness in your face, arm, or leg, especially on one side. Confusion or trouble understanding other people. Difficulty speaking. Trouble seeing with one or both eyes.

The information provided is intended to provide general information only and does not attempt to give you advice that relates to your specific circumstances. This information is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions or concerns regarding a medical condition.

Source: Vorvick, L. J., Sieve, D., & Conaway, B. (2019). When to use the emergency room—adult. Retrieved from: <https://medlineplus.gov/ency/patientinstructions/000593.htm>.