



BEFORE THE ER — CALL US FIRST!

Your PCP is the best source for obtaining the most appropriate type of care when medical needs arise



Call your PCP First

Contact your **primary care physician** when you need immediate medical care. Most doctors are available by phone 24/7 for any medical concerns and will direct you to the most appropriate care.



Urgent Care

When it can't wait, but is not life-threatening: fever, sprain, cut, ear pain, or minor injury.



ER / Call 911

Severe symptoms; chest pain, trouble breathing, stroke signs, severe bleeding, or major injury.



When in doubt about a life-threatening emergency, call 911.



Always make a follow up appointment with your PCP
(following a discharge from a hospital stay, urgent care, ER visit, or skilled nursing facility).

