

Where to go for care



PRIMARY CARE PROVIDER

Start with your primary care provider's office for all of your health care needs. Your provider knows you and your medical history best.

- Preventive care
- Physicals
- Medication refills
- Persistent cold symptoms
- Sinus infection
- Sprains
- Ear infection
- Rash or skin infection
- Routine immunizations
- Wart removal
- Women's health, pap smears, pregnancy testing
- Flu symptoms
- Pink eye
- Stomach problems
- Pain
- Fever
- Diabetes
- Hypertension
- Anxiety and depression
- High cholesterol

Many primary care clinics offer same-day appointments and extended hours.
Need a provider? Visit unitypoint.org.



URGENT CARE

You should try to schedule an appointment with your primary care provider before accessing urgent care. Choose an urgent care clinic for treatment of injuries and illnesses that are not life threatening, but still need immediate attention.

- Upper respiratory problems
- Sore throat
- Ear infection
- Sinus infection
- Minor injuries
- Urinary tract infection
- Allergic reactions, non-life threatening
- Minor rash or skin infection
- Minor burns
- Insect bites, minor animal or human bites
- Minor lacerations (cuts), contusions, abrasions

Urgent care is open during the day, evenings, weekends and holidays.
Check out wait times at unitypoint.org



VIRTUAL CARE

Get care anytime, anywhere through secure video on your smartphone, computer or tablet, 24/7. Virtual Care provides treatment for non-emergency situations.

- Bronchitis
- Cough
- Sinus infection
- Sore throat
- Urinary tract infection
- Vomiting
- Diarrhea
- Fever
- Pink eye
- Influenza
- Sprains and strains
- Respiratory infection
- Headache
- Anxiety and depression
- Weight concerns
- Smoking cessation

Get care now at unitypoint.org/clinics/virtual-care.



EMERGENCY ROOM (ER)

Do not hesitate to go to the ER or call 911 if you or a loved one experiences any of the following:

- Chest pain or any symptoms of a heart attack, including severe chest pain, sweating and shortness of breath. Heart attack symptoms can vary from one person to the next.
- Poisoning
- Head injury
- Choking
- Open fractures
- Symptoms of a stroke including sudden dizziness, weakness, loss of coordination, balance and vision problems.
- Loss of consciousness (with or without head injury)
- Abdominal pain (sudden or severe)
- Head pain (sudden or severe)
- Severe lacerations (cuts)
- Injuries as a result of a car accident
- Uncontrolled fever
- Foreign body in eye

The ER is always open.

