

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. Some examples of conditions treated by a primary care provider include:

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

Many primary care clinics offer same-day appointments and extended hours.



URGENT/ EXPRESS CARE

Try to schedule an appointment with your primary care provider before accessing urgent/express care. Choose an urgent/express 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
- Sprains and strains
- Urinary tract infection
- Allergic reactions, non-life threatening
- Rash or skin infection
- Minor burns
- Insect bites, minor animal or human bites
- Minor lacerations (cuts), contusions, abrasions

Urgent/express care is open during the day, evenings, weekends and holidays.



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.
- Severe lacerations (cuts)
- Loss of consciousness
- Sudden or severe abdominal pain
- Sudden or severe headache
- Injuries as a result of a car accident
- Uncontrolled fever
- Foreign body in eye

The ER is always open.

