

Where Do I Go for Medical Care?

When you need medical care, where you go matters.
The best place to start is with your primary care provider.



Primary Care Provider

Call your doctor's office first. If your condition is urgent, they can tell you where to go.

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|----------------------------|--|--|
| • Check-ups, physicals | • Asthma care | • Flu or fever |
| • Annual wellness exams | • Depression | • Painful or frequent urination |
| • Vaccines | • Medicine refills | • Rashes and concerning moles |
| • Pap smear | • Sexually-transmitted infections | • Follow-up exam after Urgent Care or ER |
| • High blood pressure care | • Cough, cold, sore throat, or earache | My clinic: _____ |
| • Diabetes care | | |



Connect Care video visits

Use Connect Care video visits for:

- Cough, cold, sore throat, or earache
- COVID
- Flu or fever
- Allergic symptoms
- Eye infection
- Painful or frequent urination
- Lower back pain
- Minor burns, rashes, or skin infections

Sign up for Intermountain Connect Care and visit with one of our healthcare providers at: [intermountainconnectcare.org](https://www.intermountainhealthcare.org/connectcare.org)



Urgent Care (or Kids Care)

Go to an urgent care clinic if it's not an emergency but you need care right away.

- Minor cuts and scratches
- Minor broken bones
- Minor eye injuries
- Sprained ankle
- Vomiting
- Migraine headache
- Mild asthma flare-ups
- Painful or frequent urination
- Cough, cold, sore throat, or earache
- Flu or fever
- Rashes

Find a location here:
[intermountainhealthcare.org/
services/urgent-care/instacare-
clinics/instacare-locations/](https://www.intermountainhealthcare.org/services/urgent-care/instacare-clinics/instacare-locations/)

My urgent care: _____



Emergency room (ER)

Go to the ER or call 9-1-1 if you think your life may be in danger or you have severe pain.

- Severe breathing problems
- Chest pain
- Stroke-like symptoms
- Sudden severe headache
- Severe stomach pain
- Head injuries
- Poisoning
- Poison snake or insect bites
- Overdose
- Deep cuts
- Severe burns
- Serious broken bones
- Bleeding that won't stop
- New seizures
- Fainting
- Pregnancy problems

My hospital: _____

Call your primary care clinic for assistance or connect with Connect Care to see if a trip to Urgent or Emergency Care is needed.

For help with transportation services, call your primary care clinic for assistance.

2-1-1 Utah has the answers you need.
Visit 211utah.org or dial 2-1-1 on your phone.

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