Where Do I Go for Medical Care?

When you need medical care, where you go matters. The best place to start is by calling your primary care doctor’s office first.

**Doctor’s office**

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

- Check-ups
- Vaccines
- Pap smear
- High blood pressure care
- Diabetes care
- Asthma care
- Depression
- Medicine refills
- Sexually-transmitted infections
- Cough, cold, sore throat, or earache
- Flu or fever
- Rashes and concerning moles
- Follow-up exam after Urgent Care or ER

If you have SelectHealth, or no health insurance, you can also call Intermountain Health Answers at 844-501-6600.

**My clinic:**

**Connect Care video visits**

Use Connect Care video visits for:

- Sinus pain and pressure
- Allergic symptoms
- Sore throat
- Eye infection
- Ear Pain
- Cough
- Painful 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](http://intermountainconnectcare.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
- Bladder infection
- Cough, cold, sore throat, or earache
- Flu or fever
- Rashes

Find a location here: [intermountainhealthcare.org/services/urgent-care/instacare-clinics/instacare-locations/](http://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
- Severe pain
- Severe stomach pain
- Head injuries
- Deep cuts
- Severe burns
- Serious broken bones
- Bleeding that won’t stop
- Vomiting that won’t stop
- Seizures
- Fainting
- Pregnancy problems

My hospital:
Still not sure where to go?

Call an Intermountain Health Answers® nurse for help. They can be reached 24 hours a day, 7 days a week at 844-501-6600. Or, call the number recommended by your doctor or insurance provider:

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Need help getting to the doctor?

For help with transportation services, call Select Health Member Services at 855-442-3234.

Need help with food, housing, or utilities?

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

Notes

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