

Urgent Care

Deciding where to find the right care can save you time and money.

If you're not sure if a condition is urgent, call your primary care doctor. If your doctor is not available, use this page as a reference guide to help you decide what course of action to take. Or call our Member Services team or Member Advocates. They can help you understand your benefits and find the right care.

WHEN YOU SHOULD GO TO AN URGENT CARE CLINIC

Many urgent care clinics offer licensed doctors and registered nurses that can treat urgent conditions. Urgent care clinics are the appropriate place to be seen for:

- > Sore throats
- > Headaches
- > Sprains
- > Strains
- > Minor cuts
- > Nausea, vomiting
- > Broken bones needing X-rays
- > Upper or lower respiratory conditions
- > Common childhood conditions like earaches, upset stomachs, and cuts

Many urgent care facilities are open seven days a week and offer extended hours and usually do not require an appointment.

WHEN YOU SHOULD GO TO AN EMERGENCY ROOM

Emergency conditions exist when you think your life is in danger, part of your body may be permanently damaged, or you're having severe pain. These situations may include:

- > Severe breathing problems
- > Chest pain
- > Major bleeding
- > Sudden, unexplained loss of consciousness

If you experience any of these symptoms, go to the nearest emergency room or call 911.

NEED MORE INFORMATION?



ON THE WEB
selecthealth.org



PHONE
Member Services 800-538-5038