



# Where do I go for medical care?



**When you need medical help, knowing where to go can save you time. Knowing your choices can also help you get the right care. You may choose to get care from:**

- Your primary care doctor. This is the doctor who oversees most of your care. They lead your care team and help find any specialists you may need to see.
- A virtual visit
- Urgent care
- The emergency room

Here are some tips to help you choose where to go for care.



## **Tell your primary care doctor about the care you got**

**If you get urgent or emergency care, it's important to share that info with your doctor. This includes:**

- What the problem was
- Care plans
- Medicines you were given

This will help your doctor make the best choice about your care going forward. It will also help with updating your care plan and finding specialist care, if you need it.



## Think about your medical needs

Where you go for care depends on what kind of medical care you need. Check the chart below to understand your choices.

What you may need	Types of care	Where to go
Everyday care	<ul style="list-style-type: none"><li>• Checkups</li><li>• Vaccines (shots)</li><li>• Minor illnesses</li><li>• Minor injuries</li><li>• Medicine changes</li><li>• Mental health</li></ul>	Your primary care doctor
You can't see your primary care doctor, but it's not an emergency	<ul style="list-style-type: none"><li>• Sprains</li><li>• Minor broken bones (like a finger)</li><li>• Minor burns</li><li>• Minor illness</li><li>• Strep throat</li><li>• Earache</li></ul>	Urgent care
Life-threatening serious medical problems	<ul style="list-style-type: none"><li>• Heavy bleeding</li><li>• Chest pain</li><li>• Major burn</li><li>• Broken bones</li><li>• Spinal injury</li><li>• Difficulty breathing</li><li>• Confusion</li><li>• Trouble speaking</li><li>• Trauma</li></ul>	Emergency room
Care from your home or job	For minor medical care or mental health care. Use a smartphone, tablet or computer to reach your doctor. Note: Your virtual care choices may depend on what type of health plan you have.	Virtual visit



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