

Your health information.

My PCP (Primary Care Provider):

Name: _____

Address: _____

Phone: _____

My urgent care center or Federally Qualified Health Center:

Name: _____

Address: _____

Phone: _____

My hospital:

Name: _____

Address: _____

Phone: _____

Notes:

We're here for you.

We're working to make it easier for you to get the health care coverage you need.



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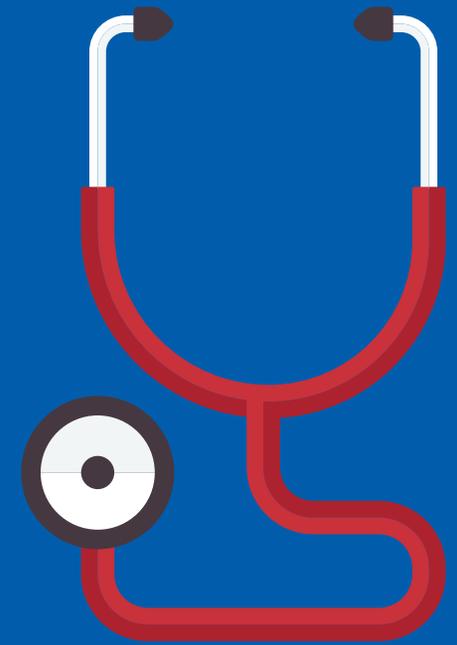
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**Check
your options
for care.**



**Choose
your care provider.**



**Go
for better health.**



See your primary care provider (PCP) whenever possible. Your PCP has easy access to your records, knows the bigger picture of your health and may even offer same-day appointments to meet your needs. When seeing your PCP is not possible, however, it's important to know your quick care options to find the place that's right for you.

Care Options	Needs or Symptoms
 <p>Primary Care Provider For treatment that's not an emergency.</p>	<ul style="list-style-type: none"> • Skin rash. • Flu shot. • Minor injuries. • Ear ache. • School and work-related physicals.
 <p>Federally Qualified Health Center *For quick non-emergency care where no appointment is needed.</p>	<ul style="list-style-type: none"> • Minor aches and pains. • Cough or cold, fever, sore throat, asthma. • Insect bites. • Negative reactions to medications.
 <p>Urgent Care For quick after-hours care for non-emergencies.</p>	<ul style="list-style-type: none"> • Low back pain. • Stomach pain, vomiting, diarrhea. • Ear pain, bruises, rash, bladder infection. • Minor cuts or burns, sprains, stitches.
 <p>Emergency Room For serious immediate needs.</p>	<ul style="list-style-type: none"> • Chest pain. • Shortness of breath. • Severe asthma attack. • Major burns. • Severe injuries. • Kidney stones. • Stroke symptoms. • Severe allergic reactions. • Labor/onset of labor pains.

**An appointment is not required to visit a Federally Qualified Health Center. However, depending on volume, a patient may need to wait to see a provider or schedule for a future date/time.*