

WHERE SHOULD YOU GO FOR CARE?

How to choose between the doctor's office, urgent care, telehealth and the ER.

Many people use the Emergency Room (ER) for conditions that are more properly treated at an Intermountain InstaCare®, KidsCare®, Connect Care®, doctor's office. ER care is expensive, and you pay part of that cost. Also, doctors and nurses assess patients to help the sickest people first, so wait times for less urgent issues could be long. When it comes to your healthcare, you have options, and the choices you make could save you a great deal of money and time.

PRIMARY CARE



The go-to place for managing your health care. Your primary care provider knows your medical history best.

OPEN: Weekdays. Some offices have early, late and weekend appointments. Providers always on call.

Family Medicine, Internal Medicine, Pediatrics, Geriatrics seen for:

- Annual physicals
- Routine screenings
- Vaccines
- Sprains and strains
- Chronic conditions
- Medicine refills
- Colds and flu
- Anxiety and depression

CONNECT CARE



Connect Care treats many everyday illnesses and is a great option to access 24/7. See a provider from anywhere using your smartphone, computer, or tablet.

OPEN: Always

Conditions treated include:

- Stuffy or runny nose
- Allergies
- Sore throat
- Eye infections
- Cough
- Painful urination
- Lower back pain
- Joint pain or strains
- Minor skin problems

INSTACARE AND KIDSCARE



Treatment for minor illnesses and injuries that are not life-threatening and when you can't wait for an appointment. Walk-ins are welcome.

OPEN: Usually morning until evening, 7 days a week

Conditions treated and services include:

- Mild allergic reactions
- Asthma flare-ups or breathing difficulties
- Nausea and vomiting
- Diarrhea
- Heat stroke or dehydration
- Nose bleeds or sinus issues
- Foreign body removal
- Earaches or ear infections
- Colds, flu, upper respiratory infections
- Conjunctivitis (pink eye) or eye injuries
- Sore throat and strep throat tests
- High fevers and headaches
- Minor skin problems
- Broken bones or sprains
- Animal bites, burns, cuts
- Lacerations needing stitches
- Sports injuries, sprains
- Infected wounds
- Skin rashes and insect bites
- Abdominal pain or stomach aches
- Urinary tract infections (UTIs) or kidney infections
- Flu vaccines
- COVID-19 testing
- STI Testing

***** KidsCare specializes in pediatric treatment. When possible, choose this option for children.*****

EMERGENCY DEPARTMENT



Immediate care for life-threatening conditions. If you experience these symptoms, go to the closest emergency department or call 911.

OPEN: Always

Conditions treated include:

- Chest pain or pressure
- Serious broken bones or trauma
- Difficulty breathing or shortness of breath
- Bleeding that will not stop
- Vomiting or diarrhea that will not stop
- Deep green vomit
- Coughing blood or vomiting blood
- Sudden or severe pain
- Head injury with loss of consciousness or vomiting
- Deep cuts or wounds