



# Your Guide to Where to Go for Care

<p><b>Primary Care Doctor</b></p> <p><i>Your first choice for care when it's not an emergency</i></p> <p><b>Examples of Health Issues:</b></p> <ul style="list-style-type: none"> <li>· allergies</li> <li>· back pain</li> <li>· bladder infection</li> <li>· chronic conditions</li> <li>· colds</li> <li>· constipation/diarrhea</li> <li>· earache</li> <li>· flu</li> <li>· pink eye</li> <li>· sore throat</li> <li>· sprains</li> <li>· yeast infection</li> </ul>	<p><b>eVisits*</b></p> <p><i>Using your smartphone or computer</i></p> <p><b>Examples of Health Issues:</b></p> <ul style="list-style-type: none"> <li>· allergies</li> <li>· cold</li> <li>· constipation/diarrhea</li> <li>· pink eye</li> <li>· bladder infection</li> <li>· flu</li> <li>· yeast infection</li> </ul> <p>-----</p> <p><b>Download the free MYBSWHealth App:</b></p> <p> Apple store</p> <p> Google Play store</p> <p>-----</p>	<p><b>Walk-in Clinics</b></p> <p><i>Same day appointments when your doctor does not have availability</i></p> <p><b>Examples of Health Issues:</b></p> <ul style="list-style-type: none"> <li>· flu</li> <li>· earache</li> <li>· sore throat</li> <li>· sprains</li> <li>· ear or sinus pain</li> <li>· asthma</li> <li>· bladder infection</li> </ul> <p>-----</p> <p><b>Walk-In Clinics Include:</b></p> <p>CVS and Walgreens as well as select primary care clinics</p> <p>-----</p>	<p><b>Urgent Care</b></p> <p><i>Needs immediate attention, but is not life threatening. An appointment is not available with your doctor</i></p> <p><b>Examples of Health Issues:</b></p> <ul style="list-style-type: none"> <li>· sore throat</li> <li>· earache</li> <li>· bladder infection</li> <li>· sprains</li> <li>· back pain</li> <li>· minor cuts that may need stitches</li> <li>· minor eye injuries</li> <li>· minor burns</li> <li>· animal bites</li> </ul>	<p><b>Emergency Room</b></p> <p><i>Any condition you believe to be life-threatening</i></p> <p><b>Cost:</b>    </p> <p><b>Examples of Health Issues:</b></p> <ul style="list-style-type: none"> <li>· chest pain</li> <li>· sudden loss of balance, vision change, facial droop, arm or leg weakness</li> <li>· difficulty breathing</li> <li>· severe abdominal pain, coughing or vomiting blood</li> <li>· deep cuts or wounds</li> <li>· severe burns</li> <li>· severe head injuries</li> <li>· poisoning, overdoses and suicidal behavior</li> </ul>
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\*Check with your insurance carrier to see if eVisits are an available option for you.



Need assistance with addressing non-life threatening symptoms, instructions on first aid and home/self-care or advice on where to go for care?

Contact the Patient Advisory Line: [800.724.7037](tel:800.724.7037). You can also visit our website at [bswhealth.com/qualityalliance](https://bswhealth.com/qualityalliance).

Contact the BSWQA HealthAccess center by phone: [844.279.7589](tel:844.279.7589) or by email [HealthAccess@bswhealth.org](mailto:HealthAccess@bswhealth.org).