



*Did you know...*

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## Urgent Care vs. Emergency Care

### FINDING THE RIGHT CARE TO MEET YOUR NEEDS

If you're not sure if a condition is urgent, call your primary care provider. Most primary care providers are available by phone 24 hours a day, seven days a week for urgent medical situations.

### WHEN YOU SHOULD GO TO AN INTERMOUNTAIN INSTACARE® OR KIDSCARESM CLINIC

Intermountain InstaCare clinics offer licensed doctors and registered nurses that can treat urgent conditions. InstaCareSM clinics are the appropriate place to be seen for:

- Sore throats
- Sprains
- Minor cuts
- Broken bones needing X-rays
- Upper or lower respiratory conditions
- Headaches
- Sprains
- Nausea, vomiting

Intermountain KidsCare® facilities offer after-hours urgent pediatric services for conditions such as :

- Upset stomachs
- Broken bones needing x-rays
- Earaches
- Cuts

No appointment is necessary. Most facilities are open seven days a week and offer extended hours. You can even call ahead and reserve your place in line. Locations, phone numbers, and wait times are available through the SelectHealth® mobile app or you can visit [instacareutah.org](http://instacareutah.org) and [kidscareutah.org](http://kidscareutah.org).

### 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.

### SELF-CARE MAY BE AN OPTION

Many common health problems can be treated at home. Visit the Intermountain Healthcare Symptom Advisor at [intermountainhealthcare.org/symptom](http://intermountainhealthcare.org/symptom).

### NEED MORE INFORMATION?



#### ON THE PHONE

Call SelectHealth Member Advocates® at 800-515-2220 weekdays, from 7:00 a.m. to 8:00 p.m., and Saturdays, from 9:00 a.m. to 2:00 p.m.