Choosing the Right Kind of Medical Care …

When unexpected illness or injury occurs, where should you go for medical care?

**Primary Care Provider**

For non-urgent healthcare needs, call your primary care provider (PCP) for an appointment – most offices offer same-day access.

- Always keep your PCP informed about any other health care you receive so he or she has the information needed to keep you healthy.
- See your PCP regularly to monitor chronic (long-term) conditions.
- Keep regular appointments as recommended by your PCP.

**Express Care**

An Express Care facility offers treatment for conditions that should be addressed within 24 hours to avoid further complications. No appointments are necessary; walk-ins are welcome.

Conditions include:

- Bronchitis
- Conjunctivitis (pink eye)
- Earaches
- Fever
- Influenza
- Minor back or shoulder pain (without earlier injury)
- Minor burns/cuts
- Seasonal allergies
- Skin rashes
- Sore throats
- Sprains/strains
- Urinary tract infections

* ACMC Express Care is for patients age two and older. Most insurances are accepted. Co-pays are similar to a PCP office visit.

**Emergency Department**

The Emergency Department treats more serious illnesses, injuries, and conditions that require immediate medical care, such as:

- Accidents, including falls and car crashes
- Chest pain
- Coughing up or vomiting blood
- Drug overdose
- Fever
- Head injury
- Injuries caused by violence
- Life-threatening conditions
- Loss of consciousness
- Major trauma
- Poisoning
- Severe persistent abdominal pain
- Severe burns
- Severe headache
- Shortness of breath
- Suicidal feelings
- Sudden paralysis (stroke symptoms)
- Uncontrolled or excessive bleeding