

# Where to go for care.

Get the right care when, where and how you need it.



## Emergency Rooms

An emergency room is the best place to seek treatment when significant symptoms come on suddenly or could be life-threatening.

### EMERGENCY SYMPTOMS INCLUDE:

- Change in mental status
- Chest pain or other heart symptoms
- Choking
- Coughing up or vomiting blood
- Fracture with bone visible
- Head or spine injury
- Loss of consciousness
- Major trauma, injury or burn
- Seizures
- Severe abdominal pain or pressure
- Severe or persistent vomiting
- Snake bites
- Stroke symptoms
- Sudden dizziness, weakness, or change in vision
- Sudden, severe pain anywhere in the body
- Swallowed a poisonous substance



## Urgent Care

Urgent care centers like AdventHealth's Centra Care enable you to see a medical professional as soon as possible without needing an appointment. Choose this option when the need for care is pressing, but not life-threatening.

### FOR EXAMPLE:

- Allergies
- Asthma
- Back pain
- Bronchitis
- Cold, flu or fever
- Cough
- Diarrhea
- Ear infection
- Fractures
- Headaches
- Infections
- Lacerations (stitches)
- Minor burns
- Nausea
- Pink eye
- Rash
- Sore throat
- Sprains
- Vomiting



[Centracare.org](http://Centracare.org)

**If you think you're having a medical emergency, call 911 immediately.**



## eCare Virtual Visit

Need health care for a minor illness but prefer not to leave home or work? Now there's an app for that. AdventHealth eCare provides access to care for a variety of minor ailments. Patients receive a face-to-face visit via a smartphone, tablet or desktop with a board certified doctor or nurse practitioner. Care is available seven days a week. Check to see if your insurance company covers virtual appointments.

### COMMON TREATMENTS PROVIDED:

- Cough, cold, bronchitis and flu
- Lower back pain
- Pink eye
- Seasonal allergies
- Sinus and upper respiratory infections
- Skin conditions
- Urinary tract infections



**To download this safe and secure app, visit your app store and search for "AdventHealth eCare."**



## Express Care

When you need us we're here. AdventHealth Express Care at Walgreens treats minor injuries, colds and allergies, and more. Get camp, school, and sports physicals here too. We're open 7 days a week for adults and children over 18 months. Walk-in or schedule online today.

- Medications and treatments
- Minor illness, aches and pains
- Minor injuries
- Physicals and wellness visits
- Skin conditions
- Vaccines



[AHExpressCare.com](http://AHExpressCare.com)

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## THE IMPORTANCE OF Primary Care.

In an increasingly complex medical world, having one doctor who knows your health history has become highly important. In fact, researchers at the journal Health Affairs found that patients who have a primary care provider benefit from better management of chronic disease, lower overall health-care costs, and a higher level of satisfaction with their care. So during normal office hours, if you're not having emergency symptoms, your primary care doctor is your best choice for routine illnesses and checkups.



### Prompt Care

From coughs and colds to minor injuries and illnesses, Prompt Care provides convenient same day care for ages 5+ when you need it. Open 7 days a week.

- Bronchitis
- Cold and flu symptoms
- Diabetes
- High cholesterol
- Minor lacerations
- Sinus infections
- Skin conditions
- Sore throat
- Sports injuries
- Sprains and strains
- Thyroid
- Urinary tract infections



[AHMGSebring.com](http://AHMGSebring.com)