

Understand the care options for your condition

Emergency room list

When to go: For conditions you can't control, like trouble catching your breath or bleeding. Also visit the ER for major cuts, burns or breaks. Be prepared for possibly longer wait times and potential germ exposure.

- Photo ID and health insurance card
- Medicine you take
- List of allergies
- Health history and records available
- Hand cleaner
- Phone and charger
- Books or activities for kids



Urgent care list

When to go: If you're not having an emergency, but your doctor isn't available. This could include minor burns, migraines or the flu.



- Photo ID and health insurance card
- A list of symptoms
- Bandages (for wounds)
- Phone and charger
- Cash or credit card for unexpected purchases
- Books or activities for kids

Primary care doctor's office list

When to go: For treatment of illnesses such as headache, sore throat or urinary tract pain.

- Photo ID and health insurance card
- Books and activities for kids
- Your current symptoms
- A list of questions for how you feel
- Phone and charger

