

1. Primary Care Support

During business hours, call your primary care clinic if you experience any health concerns. An in-clinic or virtual visit might be available.

Contact: Pacific Medical Centers

Phone: (888) 472-2633

2. After Hours Support

If you experience an urgent health concern after hours that cannot wait until the next business day, your insurance may provide a Nurse Advice Line for advice on next steps (see the back of your health insurance card).

Phone:

If you do not have the Nurse Advice Line and you have an urgent health concern after hours that cannot wait until the next business day, call (888) 472-2633 then choose the clinic where you receive care to be connected to the after-hours phone line.

3. Urgent Care / ExpressCare Virtual

Urgent and ExpressCare can see you when you can't get into a PacMed clinic. Reserve your spot online to avoid a wait for Urgent Care clinics.

Urgent/Express Care: <https://www.providence.org/services/urgent-care> (888) 227-3312

Urgent/Express Care near you: _____

ExpressCare Virtual Visits: <https://www.providence.org/services/expresscare-virtual>

4. Support Team

If you don't know what to do, you have a support team to call on. This could be a family member, friend, neighbor, Care Manager, Social Worker, Community Health Worker, or RN Help Line from your insurance.

Contact: _____

Phone: () _____

5. Emergency Department

If you are experiencing a medical emergency or a life-threatening condition with severe symptoms, call 911!

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Urgent Care

Swedish Urgent Care - Edmonds

21600 Hwy 99 Suite 240, Edmonds, WA 98026
(425) 673-3500

Hours: Monday-Friday: 8 AM-8 PM, Saturday & Sunday: 8 AM-4 PM

Swedish Urgent Care - Factoria

3900 Factoria Blvd SE Suite A, Bellevue, WA 98006
(206) 320-2001

Hours: Daily: 8 AM-8 PM



Reserve Your Spot: [providence.org](https://www.providence.org)

Providence ExpressCare - Virtual Visits



Reserve Your Spot: <https://www.providence.org/services/expresscare-virtual>



Where to go when you need care

Get the right care at the right time and right place.



SIMPLY THE RIGHT CARE

www.PacMed.org



SIMPLY THE RIGHT CARE

1.888.472.2633

www.PacMed.org

Rev 06/2023

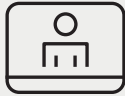
PRIMARY CARE



- Cost-effective care for acute/ chronic conditions and preventive care
- Non-urgent mental health and substance use
- Same day appointments often available

Low-cost option

VIRTUAL VISIT



- Affordable, convenient care for common conditions
- Same day appointments may be available for primary care, urgent care or express care
- Available up to 7 days/week

Low-cost option

URGENT CARE



- Cost effective alternative to the ED for illness or injuries that aren't life threatening

- No appointment needed

Medium-cost option

EMERGENCY ROOM



- Risk of Self-harm or harm to others
- Life-threatening conditions
- Severe symptoms that occur suddenly and unexpectedly

High-cost option

	PRIMARY CARE	VIRTUAL VISIT	URGENT CARE	EMERGENCY DEPT
	\$	\$	\$\$\$	\$\$\$\$
ALLERGIC REACTION	•		•	•
BACK PAIN	•		•	
BLADDER, URINARY OR YEAST INFECTION	•	•	•	
BROKEN BONES			•	•
CHEST PAIN				•
COLD & FLU SYMPTOMS	•	•	•	
DIABETES	•	•		
MINOR HEAD INJURY	•		•	
HEADACHE/MIGRAINE	•		•	•
HEAD TRAUMA WITH LOSS OF CONSCIOUSNESS				•
DENTAL PAIN			•	•
DIFFICULTY BREATHING	•		•	•
DIZZINESS	•		•	•
EAR PAIN/INFECTION	•	•	•	
FAINTING	•		•	•
FEVER	•	•	•	
HIGH BLOOD PRESSURE	•		•	
SADNESS FOR 2 WEEKS OR MORE; UNCONTROLLED WORRYING	•	•	•	
THOUGHTS OF SELF-HARM OR HARM TO OTHERS	CALL NATIONAL SUICIDE PREVENTION HOTLINE: 988			
ALCOHOL AND DRUG USE	•	•		
ALCOHOL/SEDATIVE WITHDRAWAL OR OVERDOSE				•
MILD ASTHMA	•		•	
NAUSEA/VOMITING/DIARRHEA	•	•	•	
POISON INGESTION	CALL POISON CONTROL FIRST: 1-800-222-1222			
SEIZURES				•
SEVERE BLEEDING				•
SINUS INFECTION	•	•	•	
SKIN RASH OR INFECTION	•	•	•	
SPRAINS	•	•	•	
STITCHES			•	•
MINOR OR RECURRENT STOMACH PAIN	•	•	•	
SEVERE STOMACH PAIN				•
STREP THROAT	•	•	•	
SUDDEN LOSS OR CHANGE IN VISION				•