### 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!

PacMed is a trademark of Pacific Medical Centers.

# Urgent/Walk-In 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 - Redmond

18100 NE Union Hill Rd, Redmond, WA 98052 (425) 498-2165 Hours: Monday-Friday: 8 AM-8 PM, Saturday & Sunday: 8 AM-4 PM

#### Providence Mill Creek Walk-In Care

12800 Bothell Everett Hwy Suite 110, Mill Creek, WA 98208 (425) 316-5150 Hours: Daily: 8 AM-8 PM

Reserve Your Spot: providence.org

# **Express Care:**

#### Providence ExpressCare at Walgreens – Everett Broadway 2205 Broadway, Everett, WA 98201 (888) 227-3312 Hours: Daily: 8 AM-8 PM

Reserve Your Spot: providence.org

#### Providence ExpressCare - Virtual Visits

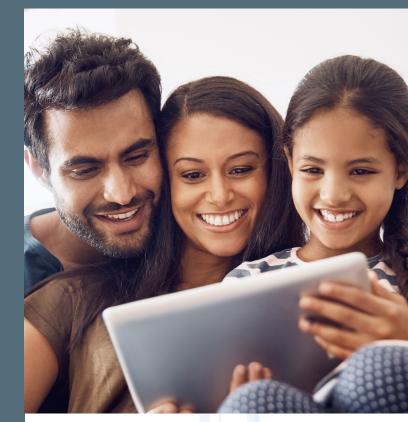


Reserve Your Spot: https://www.providence.org/ services/expresscare-virtual



SIMPLY THE RIGHT CARE

#### PACIFIC MEDICAL CENTERS



# Where to go when you need care

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



www.PacMed.org

SIMPLY THE RIGHT CARE

#### PRIMARY CARE



VIRTUAL

VISIT

0

- 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

- 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

#### EXPRESS CARE

- Same day appointments often available
- Transparent pricing
- Extended hours 7 days/week
- Low-cost option



- Cost effective alternative to the ED for illness or injuries that aren't life threatening
- No appointment needed
- Medium-cost option

to others

- EMERGENCY ROOM
- Life-threatening conditions
  Severe symptoms that occur suddenly and unexpectedly

• Risk of Self-harm or harm

High-cost option

	PRIMARY CARE	VIRTUAL VISIT	URGENT CARE	EMERGENCY DEPT
	\$	\$	\$\$\$	\$\$\$\$
ALLERGIC REACTION	٠		٠	•
BACK PAIN	•		٠	
BLADDER, URINARY OR YEAST INFECTION	•	•	•	
BROKEN BONES			•	•
CHEST PAIN				•
COLD & FLU SYMPTOMS	•	•	•	
DIABETES	•	•		
MINOR HEAD INJURY	•		•	
HEADACHE/MIGRAINE	•		٠	•
HEAD TRAUMA WITH LOSS OF CONSCIOUSNESS				•
DENTAL PAIN			٠	٠
DIFFICULTY BREATHING	•		٠	٠
DIZZINESS	٠		٠	•
EAR PAIN/INFECTION	٠	•	٠	
FAINTING	۰		٠	٠
FEVER	۰	•	٠	
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	•	•	٠	
POISON INGESTION	CALL POISON CONTROL FIRST: 1-800-222-1222			
SEIZURES				٠
SEVERE BLEEDING				٠
SINUS INFECTION	۰	•	٠	
SKIN RASH OR INFECTION	•	•	•	
SPRAINS	•	•	•	
STITCHES			•	•
MINOR OR RECURRENT STOMACH PAIN	•	•	•	
SEVERE STOMACH PAIN				•
STREP THROAT	•	•	•	
SUDDEN LOSS OR CHANGE IN VISION				•